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Inside this Issue:

Reincarnation

Spiritualism: One
Path Among Many

The Power of
Intention

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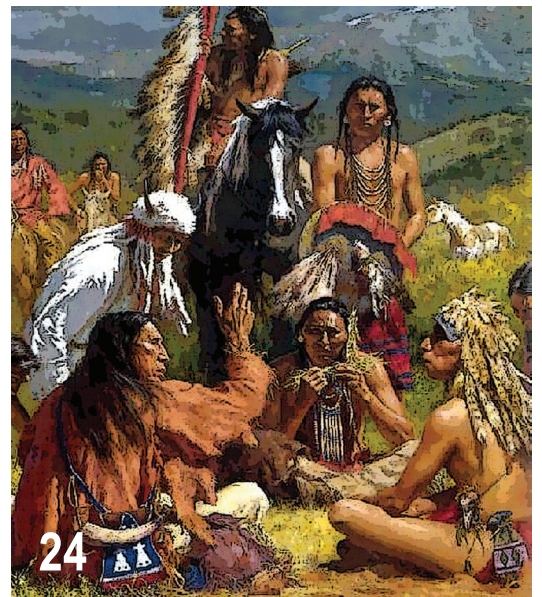
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6-8



12



24

In This Issue:

**04 Reincarnation:
Welcome to My World**
Rev. Marilyn J. Awtry, NST

**06 Does Science of
Near-Death Support
Reincarnation?**
Dr. Alan Huguenot

**08 Another Perspective on:
Reincarnation**
Rev. Chris Owen, CM, CH

**10 One Path Among Many:
Spiritualism**
Rev. Norma J. Turner, Ph.D. LM

12 NSAC Spiritualist Healing
Jennifer Neumann

14 The World Beautiful
Reprinted from TNS, 1939

**16 How Do We Know God & Spirit
Are Listening?**
Debra Malison

20 A Purposeful Life
Rev. Elaine Hager, NST

**22 The Power of Our
Intentions**
Rev. Earnest L. Leard

**24 Native American Spirituality
& Modern Spiritualism**
Rev. Awilda G. Abaza, NST

**26 The Spirit World, Intangible
Yet Perceptible**
Rev. Melvena Hafner

39 You Are God's Child
Rev. Charlene Kleinschmidt

18-19 Media Watch
Revs. Tom & Lisa Butler NST

**30 Books &
Information**

31 Lyceum
Rev. Havivah Richards

33 Form for Spiritual Healing

**34-35 Directory of Ministers
Mediums & Healers**

**36-38 Directory of NSAC
Churches**

The National Spiritualist Summit
Magazine

REINCARNATION.

Welcome to My World

Writer: Rev. Marilyn J. Awtry, NST
Center for Spiritual Enlightenment, VA

There is more to me than what you see. You cannot see the real me for I am a Soul. The soul takes precedence over my body. I am an energy vibration of awareness and knowledge. I have a spark of the Divine within my make-up, thus I have all the traits of the Divine within me. Yes, I am omnipresent, omnipotent and omniscient. Each of us contain all those traits yet it may take us many lifetimes to perfect them.

Each soul is limitless, each physical body limited. The soul submits itself to the limited condition of the body as an experience of growth on the Earth plane of being. The body, sometimes referred to as the shell, is the instrument through which the soul expresses itself on Earth. The soul accepts limited circumstances for a time to learn and grow—if it can do it once it can do it again! You and you alone choose the path you wish to fulfill—a journey of each lifetime.

In discussing the subject of reincarnation, we must turn to Natural Law recalling it is immutable and always acts the same way under the same conditions. Reincarnation is a part of all fields of energy and of the Natural Law, particularly in regard to the Law of Cycles (in Eastern Philosophy, the wheel of rebirth). We return again in conformance with that law for we “shall reap that which we have sown”—the Law of Cause and Effect, often referred to as cosmic harmony. This interaction is observed in all of the worlds around and about us. We readily say that we create our tomorrows by our actions today. The Law of Progression is a Law of Life but the rate of progression varies within each soul. We return accordingly—rebirth. We are beings in process of becoming! The Law of Life substantiates reincarnation in that every ending has a new beginning. Andrew Jackson Davis taught to go forward and upward for that is continuous growth of the soul.

Reincarnation can be described as rebirth of the soul in a new form, a new incarnation or embodiment. There is much too much to experience and learn in one lifetime. A soul takes a new body to gain new experiences and knowledge as well as resolve negatives of the past life. As there is acceptance of personal responsibility of attitudes and actions in a past life, the path is available to go forth in a newness of life and make positive changes to elevate our being. Gaining such understanding results in greater enlightenment. Periodically

one may have a feeling of *déjà vu*, meaning sensing or feeling or perhaps a reflection of an experience of a past life. Surely an infinite world should give us opportunity for infinite possibilities. Reincarnation emphatically aligns with the Law of Change. We may have a difference in perception but truth remains truth.

Why do some shy away from the idea of rebirth or reincarnation? Usually, it is fear of the unknown, fear of a future place or fear of losing one’s identity. Our soul expresses itself eternally and chooses its next incarnation just as it previously selected its present life. Belief in reincarnation is an assurance of the Natural universal Law of Love and Justice. We are all at different variations and rates of vibration of soul evolution based on our thoughts and actions. In discussing the pros and cons of reincarnation, we could give examples to fill volumes.

In the Far East, reincarnation is not even a question for it’s a way of life and a universal law applicable at all times and at all levels of being. We could quote the Ancients, the Seers and Prophets of the ages, the Philosophers and Clerics, but to one who has a closed mind, no quote would make a difference. We never cease to live—there is life after life in human form either on this Earth in this galaxy, or another form in the great beyond in galaxies of which we may not recognize at this time. There is a huge universe to explore. To one whose mind is closed, nothing can provide indisputable evidence!

Reincarnation is often denied because it is not understood. For a better understanding, consider studying the book entitled *The Soul in Human Embodiments*, written by our knowledgeable pioneer, Cora L. V Richmond.

Accepting the fact the Natural Law prevails, is immutable and does not make exceptions no matter who you are, it is only logical that reincarnation opens the doorway for the perfection of the soul by the cycle of many life time expressions.

From the *Song of the Spirits Over the Waters* by Franz Schubert,
with text by Johann Wolfgang Von Goethe:

*“The soul of man is like to water
From Heaven it cometh
To heaven it riseth
And then returneth to Earth,
Forever alternating.”*



OPEN FORUM: Q & A on REINCARNATION

Q Question: This is a thought I have always wondered about and have never found any answers. I attend a Spiritualist church and I have met many different people who considered themselves Spiritualists that also believe in reincarnation of some sort. This includes several mediums. My question is... "if you believe in Spiritualism and Mediumship and hold the belief that when we cross over we continue to live on that side of life and can sometimes draw close to loved ones here still on Earth through signs and mediums, then how can you also believe in reincarnation?"

For example, a lady from church sadly passed away last June after losing a short battle with cancer. Since passing she has come through at the church every few weeks. If reincarnation was true or believed... how could she have been reborn a new person back on Earth and yet still be living on eternally in the Spirit World providing messages to her family? Can someone explain how this could work to me?

A Answer: As eternal spiritual beings our energetic essence has always existed. Our physical incarnation is merely one aspect or reflection of our

soul, and does not define ALL that we are. We are eternal in both directions and while an element of our being enjoys the gift of life on this physical plane, the core of our being—our Higher Self—remains in Spirit, free beyond the physical construct and limitations that your present mind creates.

Q Question: I am curious about who I was in my past lives, and how it relates to who I am now.

A Answer: The evolution of the Soul is always a forward progression. Who you are now is the culmination of all of your experiences, including those from past lives. Your attitude and level of greater understanding carries with you and expands through various life experiences. The details of past experiences are not recalled so that you may remain entirely immersed in THIS experience.

Researchers like Professor Ian Stevenson have looked at the evidence and approached the subject scientifically, unencumbered by religious doctrine other than, perhaps, to compare how particular

cases may have been influenced by dominant religions. What they have found is that cases in which a person claims to recall a past life follow a pattern, regardless of the country in which they occur or the beliefs of the community into which they are born. For example, memories of that earlier existence are talked about almost as soon as the child can speak, often voicing dissatisfaction with the new life or even the parents with whom he or she is now required to live.

Typically these memories fade during childhood and are usually forgotten or buried by the age of twelve. Children appearing to recall a past life are sometimes so strongly drawn to that previous existence that some have reportedly left home in search of their previous family. Some parents are supportive and the child has had the opportunity to lead them to their former home. Reports have stated that the new residents of the home have recognized details about the person whose life is being recalled.

However you choose to interpret cases that support reincarnation, they may serve to demonstrate the continuing existence of the personality after death.



Does Science of Near-Death **Support Reincarnation?** *A Conundrum*

Writer: Dr. Alan Huguenot, Engr.Sc.D
Golden Gate Spiritualist Church, CA

Spiritualism is a science which faces a confusing conundrum. Most Spiritualists want to accept the near-death experience (NDE) as scientific proof of the after-life. But, acceptance of the NDE as valid science requires acceptance of all the scientific facts that go with it.

Proof of the Afterlife

Research provides extensive evidence that at least some form of consciousness survival can occur, outside the body, while that body is also clinically dead. Forty years of research on cardiac arrest patients who were fully monitored, has revealed that many had experiences out-of-body, while their EEG and EKG were flatlining for extended periods of time. Many NDE survivors also report having met with their disincarnate departed loved ones while “on the other side.” Since, this all collates well with the phenomena of Spiritualism (known as evidential mediumship), many Spiritualists welcome the NDE as scientific proof of the afterlife.

But there is an obscure concept hidden within the NDE that is often overlooked in the rush to accept it as scientific proof of the afterlife. This is the fact that if the consciousness (soul) of the NDE survivor actually went out-of-body (became discarnate) to visit with other discarnate souls in the

to visit with other discarnate souls in the after-life while leaving its physical body behind, then that discarnate consciousness also had to return, and come back into the physical body. Re-entering the body is by definition reincarnation.

Unfortunately, the fact that reentry (reincarnation) is required for every valid NDE is easily overlooked because reentry is often not mentioned at all, or remains obscure in most NDE narratives. All too often the NDE survivor says something like, “Suddenly I was back in my body,” because all memory of the reentry may have been blocked out for them. But, for several NDE survivors (myself included) memory of bodily reentry is vivid.

From my own near-death experience, in which I was severely injured and in a complete coma for 12 hours, I do viscerally remember reentering my body as I returned from the NDE. I was definitely out-of-body (discarnate), and I definitely came back into my physical body (reincarnated).

NDE Only Provides Scientific Proof of Reincarnation into Same Body

The NDE provides valid proof of having reincarnated into the same body, but not reincarnating into second and third lifetimes.

On the other hand, it has no data about the possibility of reincarnating in second and third lifetimes. This question is simply not answered by the NDE.

Current Science about Reincarnation into Second Lifetimes

This specific question has been studied at the University of Virginia over the last 50 years.

Scientists have documented details for nearly 3,000 cases of children having detailed memories of prior lives. Those details have then been verified in interviews with the remembered individuals still living who were involved in those prior lives. This research suggests that at least in some cases, people do return to a second life in a second body.

One of the most popular of these is James Linegar: a 2 year old in Lafayette, Louisiana remembered his prior life and being shot down during World War II on March 3, 1945, while flying his Navy Corsair over Chi Chi Jima. In that prior life he was named James Houston, a pilot flying from the aircraft carrier USS Natoma Bay CVE-62. He also remembered his friend Jack Larson, a fellow pilot on the ship, who as it turns out is still living. The child reported that his plane had been hit near the engine and crashed in flames. Eyewitnesses of the crash have verified the fact that James Houston's plane was indeed hit in the engine and crashed. James's sister is still living, and has come to believe that James Linegar is actually her brother reincarnated. She believes this because the family details provided by little James are facts that only her deceased brother could have known.

The Linegars published their son's story, *Soul Survivor* in 2010. There are also five videos available on the internet which tell his story. Four are episodes from the TV show *Prime Time: The Unexplained*, narrated by Charles Gibson, which may be watched at the following URL's.

<http://www.victorzammit.com/evidence/childrenwhorememberpastlives.htm>

<http://www.youtube.com/watch?v=5965wcH2Kx0&feature=related>

The University of Virginia has to date researched nearly 3,000 similar cases. So we have lots of evidence for reincarnation, and so far no one has produced any evidence against it, other than opinion.

Do We Get to Choose the Conditions of the Next Lifetime?

Unfortunately, as soon as anyone claims their belief that "reincarnation is a scientific fact," somewhere, the wishful thinking begins. Materialistic, unscientific individuals may put their own spin on the claim. They will begin by wondering, "If I can come back in another life, will I get to choose that life? Another might imagine rewarding themselves for their virtuous conduct in this life by having a better position in the next. Someone's attitude might degrade the concept to the point that they assume that people they dislike will undergo some type of punishment and have a worse life next time around. Fortunately, there is no scientific data to support any of those ego-based concepts on reincarnation.

Studies of both the after-life and reincarnation will continue. Yet, to date, all of the scientific evidence points to both hypothesis being true (i.e. the afterlife and reincarnation are real). There also is so far no scientific evidence (data) tending to disprove either.

The preponderance of the evidence provided by the scientific data thus far collected appears to verify the following facts: Individual consciousness can survive out-of-body and maintain its identity. Mediumship also proves that the individual consciousness survives beyond the change called death.

What Level of Proof is Required For a Scientific Fact?

Qualitatively, both reincarnation and the existence of the afterlife are now definite enough to be classified scientific facts. To constitute proof of a scientific fact you need three things: 1. The hypothesis must be plausible. There actually could be an afterlife, and people might actually reincarnate. 2. There is evidence for the hypothesis being true. (There is a great deal of scientific data which apparently proves both hypotheses). 3. There is no evidence for the hypothesis not being true. (While there is a lot of "opinion" that neither may be true, to date no one has ever provided any scientific data disproving either hypothesis.) Therefore, both hypotheses qualify as a scientific facts.

It boils down to whether you believe that the scientific data proves it or not. But in any case we cannot pass a resolution that will decide this. To remain scientific we must continue to collect and analyze data.





Another Perspective on Reincarnation

Writer: Rev. Chris Owen, CM, CH
Spiritualist Church of Eternal Life, ME

There seems to be an ongoing controversy in Spiritualism these days—changes in the popular culture have made it so. A few years ago, the then President of the NSAC, Lelia Cutler, asked me my opinion about this controversy and I gave her the same opinion that I am going to share today. The question was about reincarnation. At the time I told her that I did not believe it could be supported by our religion, nor should it be. The reasons why are very simple, but critical for us to consider. It is critical that we treat this topic properly because we are a religion based on truth, not the popularity of the dogmas that want to find a home with us.

First and foremost in my objections to the concept of reincarnation is the fact that mediumship would not be possible if reincarnation were real. Those of us who have been given unquestionable evidence of messages from the so-called dead know beyond a doubt that these messages are the truth. I cannot count all the times over the years that I have gotten evidential information from people that I knew—teachers, friends and relatives I've known throughout the years. Some have passed recently, some long ago. In my opinion, this could not happen if those spirits had reincarnated. The fact is that they don't reincarnate.

The whole issue of reincarnation descended on us in the 60's and 70's when the counterculture introduced the gurus from India into western culture.

The Beatles brought over the Maharishi and announced he was their guru. Suddenly, the Maharishi became a household personality. Then came others—the Bagwam Rajneesh, Sai Baba and so on. The followers of these people instituted yoga within our culture and today we have yoga studios on almost every street corner in our cities. The Hindu doctrine of reincarnation became firmly entrenched within the New Age movement in our society.

At the time these alternate beliefs seemed

to bring a breath of fresh air to our culture. Though our society was not meditating, we were not stretching our minds far enough or trying to find our own inner spirituality. The new doctrines from the East seemed to fill a void in the culture which still exists today. People flocked to these doctrines. Waves of young people flocked to ashrams to become totally immersed. I myself felt their influence. I've kept up with the meditation practice taught by the Maharishi that I learned when I was 16. I have also been spotted in yoga studios off and on over the years to get in a good stretch.

Another avenue where I see the doctrine of reincarnation coming from is in the world of hypnosis. Many hypnotists have set up their new practices based on reincarnation and past lives. They purport to fix problems in people's lives based on the theory that they are a holdover from previous lives. Hypnotists have moved beyond the behavior modification scripts for fighting bad habits or cure for ailments and are now turning to exploring prior lives to do these things. Michael Newton was a pioneer in this and has many trainees practicing his techniques. Delores Cannon has written a shelf full of books on this subject and has founded a similar school using her techniques. I myself trained with her in a class in Arkansas in 2013.

So now I will explain to you why I feel all of these people have got it wrong about the doctrine of reincarnation and why Spiritualism got it right over 125 years ago. The book that Cora Richmond wrote in 1888 entitled *The Soul In Human Embodiments* covers the issue comprehensively and truthfully in my opinion. I knew when I first started reading this book that she got it right. I always felt uncomfortable with the concept of reincarnation for the simple fact that it became the pillar of the caste system in India. People were reportedly born into castes based on their karma from prior lives. People were supposedly being born into poverty for this reason. This doesn't seem fair or just. The doctrine of reincarnation is being used as an excuse to treat people with indifference. The rationale is that if you help the low caste people, then you would prevent them from working off their karmic debt to the universe. It was Mother Teresa that reintroduced selflessness and mercy

back into this society by showing poor people kindness and restoring their dignity.

The problem that I have had with regression hypnosis is how does one know that the life that he or she is seeing in hypnotic trance is really one of theirs? There is no way they can know for sure. When I was a kid I used to pretend that I was Carl Yaztremski or Batman or any number of real or fictional persons. Perhaps what people are picking up during regressions is a form of mediumship to another time or place not necessarily connected to them. And if we want to reminisce about our prior lives, why do we have to go to a hypnotist, instead of remembering it naturally?

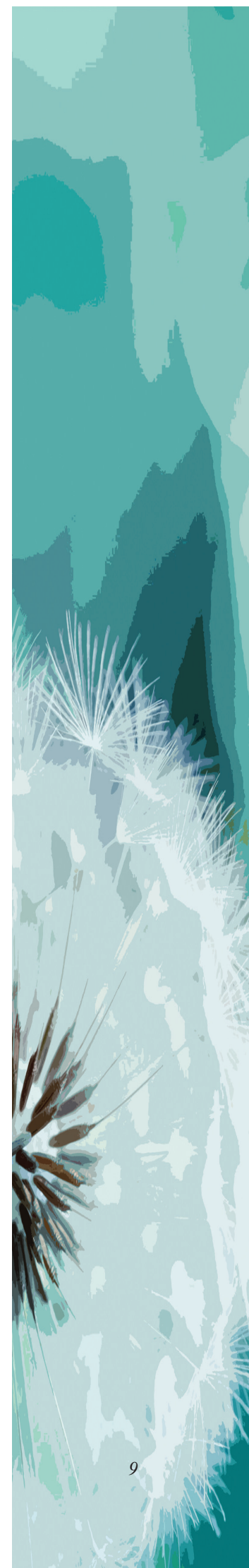
The biggest problem I have with reincarnation is the problem of boundaries. In reincarnation, there are no boundaries. Can I come back as a toad or a rock, any animate or inanimate object? That describes a helter skelter state of being where there is no ultimate purpose or progress possible. Does a human die and come back as a fish to find out what its like? In my opinion, such a system brings chaos and seems pointless and meaningless.

This is where I feel Spiritualism comes to the rescue and creates order out of chaos. Cora Richmond, of The Golden Gate Spiritualist Church, unequivocally stated the following: "There is no reincarnation; there is another expression, and another, until all that is possible is expressed here and in the spirit life. Another embodiment is not a loss of identity, but an added expression of identity." In other words, I believe that I am always going to be Chris Owen. My identity here and in the Spirit World is forever and eternal. When I pass on to Spirit I am not going to recycle into anything or anyone else. If the Spirit was going to keep recycling, then why would there be a need for a Spirit

World at all? If I am recycled, then my life experience (according to this theory) would be assigned to a scrap heap of everybody's life experiences called the "Akashic records." Meanwhile, I morph back as a king or a frog? Without reincarnation, there are no so-called Akashic records. We become our own Akashic record because we still exist in Spirit. And it makes sense that there is no such thing as Akashic records, because who can interpret your life's work better than you? When you pass you give yourself a life review as you measure your life with the high standards of morality that exist in a loving universe. You take an inventory of who you are and measure it against the kind of person you can be or should be, and by doing so, you open the doorway to reformation in order to achieve the highest morality and true love of self and others.

The genius of soul embodiments as opposed to reincarnation is identity. In my opinion, if reincarnation were true, then every time a soul recycled back to earth, its prior identity would be wiped out like a tape in a tape recorder. So-and-so would no longer exist because he left the Spirit World to reincarnate. So did that person ever really exist? In a soul embodiment, however, each person maintains his or her identity forever and becomes a building block for the universe with their uniqueness still intact. The universe always maintains the sanctity and value of the individual. The mutually supporting network of Spirits in the Spirit World continues to grow throughout eternity. Each Spirit, each life, continues to have value. The universe does not reject anyone's identity as having no worth. All have their unique contribution to make to the universe. Thoughts of self-righteousness lead us to devalue the life experience of a potato digger and put a premium value on the life of a king when all lives have equal value in the eyes of Infinite Intelligence. The human embodiments both physical and spiritual—are the building blocks that the expansion of the universe is based on. In my opinion, Spirits are not recycled—they are born, grow and give birth to others. All combine together in an expression of creation that never ends.

In my opinion, Spiritualism and the doctrine of reincarnation cannot coexist. They are ideas that are forever opposed to each other. And every time we attune ourselves to mediumship to bring forth evidential information from the Spirit World, we prove that reincarnation does not exist. So have no fear, you are not going to reincarnate into a toad or a rock when you pass, and neither have your loved ones in Spirit. We will join up with them someday to have a good laugh about the things we thought were so important while we were here in the physical world. We will be happy in the light and love of the Summerland where the sun never sets and the love of Infinite Intelligence is always present. God Bless.



One Path among Many

Spiritualism

Writer: Rev. Norma J. Turner, Ph.D, LM
Spiritualist Living Center, AZ

I am going to make one major assumption here and that is that everyone reading this is a spiritual seeker. We are aware of the fact that there are many paths of spirituality found around the world, some dictated by culture, some determined by choice. But all of them are founded on spirituality, that is, that part within us that seeks the unknowable.

We can talk about the nature of God and the fact that we really don't need to go to any church or synagogue or temple or ashram to know Infinite Intelligence because Infinite Intelligence, Spirit, or God is found in every person. So, you may immediately ask yourself the question, "Why am I here?" The reason believers come together is to support one another in our beliefs. We need to be with people who energize us and who will teach us because, as humans, we want to know more.

For many of us, the best opportunity we have to grow spiritually and learn about our religion occurs during church services. Many of us are unable to attend classes, so the church service becomes a crucial part of our growth and development. We learn the philosophy of our faith by watching and listening to the leaders of our faith community. The philosophy of our faith consists of our basic approach to life: our attitudes, our assumptions, and our predictions about life. Here we see people who laugh and

love, who treat one another with respect, and who look forward to every day with hope and anticipation. This philosophy colors the attitudes we have toward life and toward one another. It also colors the attitudes we have toward ourselves—as individuals who are important, significant, effective, and responsible for our own happiness or unhappiness.

The path I have chosen to follow is Spiritualism, though many people have never heard of Spiritualism. I hadn't for many years, and I have a masters degree in religious studies. Yet Spiritualism is founded upon a thread that is found throughout the sacred—and not so sacred—writings since the earliest of times. As a religious path, Spiritualism is very similar to Unitarian Universalism in that it does not follow a dogma and does not require obedience to an institutional structure. Yet Unitarian Universalists are committed to spiritual growth and an appreciation of the pluralistic approach to religious insight and development.

Because of the inclusive nature of the Unitarian and Universalist belief and practice, even before the consolidation of the two churches, the Unitarians and Universalists were supportive of Spiritualists who shared many common beliefs such as the existence, nature, and meaning of life, creation, and the afterlife. The primary difference between the Unitarian Universalist Association and Spiritualism lies in the Spiritualist belief in the continuity of life. We share similar principles of belief and spirituality. So what is the difference? While the Unitarian Universalist Association does not posit a particular belief about the afterlife, Spiritualists believe that death only represents a

passing over to the next phase of existence on the journey of spiritual development.

This belief in the continuity of life drew me to Spiritualism because death has always been a problem for me. Having dealt with death so much in my life, I felt great holes in my life, and no theological explanation seemed to make sense, but Spiritualism seemed to have a rational explanation that resonated with me. You see, once a person crossed over to the next plane, and if that person continued to live and love and be who that person always was, then the possibility of communication was clear. Spiritualists believe that with development, one can connect with Spirits who are often eager to connect with us, once we are able to raise our vibrations to their level as they lower their vibrations to ours.

Think about it. Have you ever had hunches or insights that kept you from making mistakes, helped you avoid accidents on the freeways, guided you from certain disasters—or would have if you would have listened to them? How many of us have had the realization, often after the fact—that we have truly been blessed by the guiding hand of someone—God, angels, or our ancestors during a particularly difficult time? We are not alone as we walk through this journey of life. As Spiritualists we believe that many people continue to love us and help us while we are here in the physical dimension. We are blessed with the understanding that death is a crossing over to a new stage on the journey of ongoing life. Our personalities, our loves and preferences—who we are—continue to grow and develop. Personally, I believe I have a closer relationship with my father than I ever did while he was alive—he crossed over

when he was only 38 years of age.

Spiritualists also emphasize the scientific boundaries of natural law. The speaker during Sunday services may talk about one or more natural laws. Natural law may be brought up as an aside in a conversational way or sung about in one of our songs. We learn that to be moral, we must align our behavior with natural law. Natural laws bind us as humans and as spiritual beings. We are responsible with one another for one another.

Many of these ideas are different from the teachings that flow throughout our culture. Because many of us come from different denominations and because our culture is imbued with Christian religious philosophy, we Spiritualists would all be considered a distinct minority. As a minority, that is, as non-Christians, we would feel the need for support for our belief system. That is why we gather together in services to provide the strength and obtain the support we need to face the contradictions in life and the controversies of everyday living.

I appreciate the fact that you are all part of my community—I feel your support. I know that with your support and your kindness and compassion, all is well with this world. With that, I welcome each day, knowing that I am not alone. I hope that you also experience the support of this community of people, knowing that being with like-minded people can be most validating and reassuring in a pluralistic culture like ours. I welcome you all into my minority group and share with you all I have to give. May God bless all of us as we walk the path of Spiritualism in a world of diversity.





NSAC SPIRITUALIST *Healing*

Writer: Jennifer Neumann
First Spiritualist Temple, NY

Today's world is seeing a renewed interest in alternative methods of healing, including NSAC Spiritualist healing. Greater numbers are coming through our doors seeking help, and many of our churches are seeing more and more people attending our services for the purpose of receiving the healing we offer over receiving a message from Spirit. Since we frequently do not know who is sitting in our healing chairs, it is more important than ever to follow the proper NSAC rules when conducting a Spiritualist healing session in order to protect yourself and your church.

As an NST and NSAC Missionary, I have received an increasing number of calls from students and healers who are once again requesting clarification on NSAC-approved methods of Spiritualist healing. It seems that many are still confused and are questioning what is and what is not allowed during a church service, and why.

If you are an NSAC Commissioned Healer, or a student healer, you are working with the most divine of the gifts of mediumship: the ability to attune with Spirit in order to be a channel for the infinite healing flow of the universe to bring about physical, mental, and spiritual healing; to impart the vital, curative force of the Source to another.

Spiritual healing is a gift possessed by certain Spiritualist mediums and this gift is exercised by and through the direction and influence of spiritual beings for the relief, cure, and healing of both mental and physical diseases of mankind.

When you step up to the front of the church to serve as a healer on Sunday, you become a representative of the science, philosophy, and religion of Spiritualism, and you are stepping up as an NSAC Spiritualist Healer, not a spiritual healer, not a Reiki Master, not a quantum touch practitioner, or any other type of healer.


When serving at our churches, NSAC protocol states that healers are not to touch a recipient without their permission, and limit all touching to above the shoulders if permission to touch is granted. Additionally, when healing

before the public, the healer should refrain from making unnecessary motions with the hands, arms, or body. Sweeping or passing the hands over the body is no longer allowed. All movements, if any, should be dignified and calm. Healers should not ask a healing recipient the source of their problem or ask questions concerning their condition. If a recipient insists upon speaking to you, listen quietly, but do not engage them in conversation.

Spiritualist healers should not diagnose, prescribe, massage, or manipulate, especially in a public service, even if inspired by Spirit. Healers should not give a message or Spirit greeting to a recipient either before or after a healing. At the end of the healing, close the session by giving the recipient an indication that the healing has come to an end by leaving them with a brief but affirmative phrase indicating closure. Do not come around to the front of the person while their eyes are closed and take their hands to close the healing session.

Despite very clear directives given by our national organization, we still have many healers touching all sorts of areas not allowed by NSAC. The only areas to be touched are the head and the shoulders and this should be done only after asking the recipient! Some healers serving our churches are still doing passes, touching the back, lower back, arms, legs, and reaching down into laps to pick up hands at the end of a healing. Yes, Spiritualism has allowed and authorized many different approaches to be used by our healers in the past, but as our knowledge and understanding of Spiritualist healing has progressed, so has our approach to what is and what isn't appropriate to do during a church healing session. Many healers take offense at this stance, and ask, "if Spirit is directing me to apply my hands to a particular area of the body, why can't I do so?"

There are many good reasons. For some people, the idea of a healer touching them scares them away from the idea of sitting for a healing. A woman who attends our church refuses to sit for healing because she has a hyper-sensitive nerve condition in one of her limbs, and any touch causes her extreme pain. She was terrified that the healer might touch her during the session, and avoided healing completely. Another woman who was suffering from a spot on her lung suspected to be cancerous refused to sit in the healing chair. I asked her one day why she seemed so averse to receiving this type of assistance from Spirit. Her response was, "my sister comes to church with me and I don't want to worry her. Lung cancer runs in our family, and our father passed from it. If the healer focuses on that area of my body during a healing, she will know something is wrong in that area and be sick with worry. The Healer will blow my cover."



So, concerns about confidentiality and fear of being touched during healing can deter a person from seeking this divine assistance.

NSAC Spiritualist Healers do not need to make passes, sweeps, or focus their hands on a problem area in order for healing to be effective. Our healers should simply attune to Spirit and allow them to facilitate the flow of healing. Spirit links with the healer and the recipient, and the process that takes place is simply another expression of mediumship. No physical action by the healer is necessary. It is a mental process, not a physical one.

Why have we become so stringent in our methods of healing? It is not that we are attempting to restrict our healers in their work. It is because we are responding to changes in our society over the past twenty or so years. Yes, Harry Edwards utilized touching and passes in his healing work, and his healing ministry is still a model today. Yet his healing methods were practiced during a very different time than we are living in now. We have found that it is wise to restrict this activity due to threat of a lawsuit.

America is a litigious society. As an insurance risk manager for a large company, I can attest to the fact that people can and do sue for almost any reason! During healings, a sitter may “feel” the Spirit energy over various areas of their body, and mistake this energy for physical touch. If they feel the touch was inappropriate, this opens you, your church, and possibly even the NSAC to a lawsuit. Limit this exposure by touching a sitter only after being given permission, and limit the areas you touch to shoulders and above.

To illustrate this point, a male friend of mine, who was a medium, was also on the path to becoming a Commissioned Healer. Many praised his healing work. For some reason, he abruptly quit healing. I inquired as to why, and was told that after one Sunday healing service he was accused by a woman of inappropriately touching her, despite the fact that his hands never left her shoulders. She had seen other healers serving that day doing all sorts of passes and sweeps and touching of various parts of the body, mistook the energy that she felt during the healing for a touching sensation, and insisted that inappropriate behavior had occurred. She threatened to sue. My friend was so upset with the false allegation that he chose to never perform healing at the church again, and limited his ministry thereafter to only message work. Perhaps if this woman had not seen other healers using those methods, she never would have gotten it into her head that she was being touched; and we would not have lost a potentially great Spiritualist healer.

A few years ago, my sister described what she witnessed

while attending a healing service. She heard people whispering in the row behind her. One asked the other where the closest restroom was. The other answered “just out that door to the left, past where they are giving “the invisible massages.” We cannot assume that the general public understands what we are doing during a healing service, so we have to be careful and follow the proper procedures set in place by the NSAC.

Many of our healers have studied and mastered other healing techniques in addition to Spiritualist healing, and question why these methods cannot be used during a healing service at their church. For those of you serving an NSAC Church as a healer, you should be doing so according to the associated rules for healing at that time. When serving as a healer during a church service, you are protected by your church’s insurance coverage in the event that a complaint or a lawsuit should be filed. However, this coverage becomes null and void if it is discovered that you are practicing a healing technique other than one prescribed and accepted by the church. Using any other method may subject you to personal liability.

This is not to say that there is anything wrong with mastering and using other methods of healing! Quite the contrary—learn and master as many as you can. We as Spiritualists embrace and promote progress, and healing methods and techniques are no exception. All healing methods involve attunement to a higher consciousness. Spiritualism recognizes the fact that the human body is energy, and healing is the balancing of those energies, regardless of the method being used.

When one attends a Spiritualist church service, they expect a Spiritualist healing, not reiki, qigong, kinesiology, therapeutic touch, or any other type of healing. Wouldn’t you be upset if you visited your allergist and instead had a colonoscopy? People are coming to your church for a particular type of healing—NSAC Spiritualist Healing, a healing in which the healer serves as a channel for those in the Spirit World to provide the necessary energy for healing. Therefore, it is important that we give them exactly the type of healing that they are sitting for. Mixing other healing methods with Spiritualist healing confuses not only the general public, but also our congregations as to how NSAC Spiritualist Healing is given.

As we learn more about the art of Spiritualist healing, and respond to issues in our society, our healing modalities again may change in the future. For now it is important to follow the NSAC rules when conducting a healing session in order to protect yourself and your church, and to present to the public clearly and succinctly exactly what our current understanding of NSAC Spiritualist Healing is.



The

World Beautiful

Reprinted from *The National Spiritualist*, December, 1939

Writer: Lilian Whiting

Science, in almost every branch of its pursuit, continually demonstrates that the real forces of the universe are in the unseen; that we cannot see, nor hear, nor touch them with the physical senses. Take, for illustration, that potent and all conquering force—electricity. It gives us light, heat, coolness, and motor power to an indefinite extent. It lifts incalculable weight into the air, it gives power for transportation and for mechanical effects. It is cleansing and it is remedial. The physician employs it as a curative agent. Its uses are constantly multiplying. Yet who has seen it? Who has touched it? We know electricity only by its effects although it is the very mainspring of all progress in the arts of life, as well as in those immaterial realms of the air. It is even theoretically conjectured that electricity and mind—electricity and spirit itself are, if not identical, yet very closely connected.

And yet this marvelously potent force excludes all physical manifestation. It is entirely from the unseen universe that we draw for our power of living; it is the reservoir from which we draw heat, light, motor power, and thought. For thought is conveyed into words and the words are transmitted by the radio.

The key to the entire new civilization, of which we are on the threshold now, is in the ether of space. It lies in ethereal physics. The entire phenomena of light, heat, motor power—and thought—lies in the ether. Here is an electromagnetic matter filling all interplanetary space—a subtle matter that stimulates and vitalizes all coarser matter and forms the medium through which all forces work.

It is now the ETHER REALM which awaits the conquering. Man has conquered the earth and the sea, but here is the vast reservoir of all the forces of life. The realm of the ether is the inexhaustible realm of all force, all potency. Every point in space is a motor of power and energy. It is in the ether that man will find the solution of every problem of life—power, mentality and spirituality. Even the support of the physical life will be found, eventually, to be the sustenance of the psychic body that directs all our energy. The realm of the ether is the realm of all enduring realities.

Man is living more and more into the ethereal which is his true habitat. Man is a spirit, and he belongs in the spiritual environment. All the great inventions and discoveries; all the great creations in the arts—music, painting, literature, poetry, sculpture, are made because their creator, inventor, or discoverer is more or less in touch with the unseen world of the ether of space. In this electro-magnetic medium all of the faculties of the mind are quickened and arrayed—vitalized with the unseen but potent power, for discovery of every description.

The experience of a great pianist illustrates this truth in music. Paderewski observes that if “he stopped to think” he would touch the wrong key—that is—he would break the continuity of the spell under which he is given the power. For when absorbed in his playing he is partially in the ethereal, and his psycho-magnetic powers have taken command. Let the spell be broken—let him emerge from that more spiritual world of the ether into the physical atmosphere, and the wonder and charm of his music is gone. He may still play “correctly,” but that unseen beauty that invested the spell is no more. He has lost that wonderful power for which there is neither sight nor recognition in mortal language. It is the creative power.

The poets have always divined this deeper truth of being. All poetry that endures is written under this spell. What did Dante see when he created his immortal poem? What did Robert Browning see when he wrote, *The Ring and the Book*?

Both clairaudience and clairvoyance are perfectly natural in the ethereal realm. They are as natural as sight and hearing are on the physical plane. Telepathy, clairvoyance and clairaudience are no more strange on the ethereal plane than speaking or hearing is in the physical world. Nothing is impossible in the higher vibrations.

And this entering into the higher vibrations is no more abnormal than it is to use a train, or a motor car, or a radio. It is a part of the higher life into which we are advancing.

Formerly, man “became” a spirit by some mystery of death and the resurrection. But now we recognize that man is a spirit, now and here—that he is increasingly a spirit, as he unfolds the life that sustains and increases his spiritual powers day by day.

This physical world is all included in the spiritual world. Man may enter on the spiritual kingdom today—any day, and begin his growth toward the world of Spirit. The attendant angels are all with him. They are companions that uplift him and give him the peace of God, even the peace which passeth all understanding.



Elevating *Our Spirits!*

Writer: Kathleen S. Riley, LM
Center For Spiritual Enlightenment, VA

Have you ever been rushing to catch an elevator on your way to work, an important meeting, or a reunion with a beloved friend, only to have someone already in the elevator notice you running towards them... and press the "close doors" button anyway? This social exchange is awkward, and certainly leaves one wondering why the person inside—with whom you momentarily locked eyes, wouldn't instead hold the doors open for you.

It's easy to assume that the person inside that elevator must be mean and vicious, thoughtless, and just plain awful. After all, who does that? Who would close the door on someone, very nearly catching their nose in the process, when they see that you are very obviously *trying* to catch the elevator? Who does that, indeed!

To be generous, perhaps the person meant to press the button to open the doors, miscalculated, and pressed the button to close the doors accidentally. It is conceivable. Perhaps you've been an innocent bystander on an elevator where this has happened. You weren't the person in control of the doors, but instead happened to be there to witness the awkward exchange between the person rushing the doors and the person who pressed the button to close them intentionally. What did you do? What would you do? You might exclaim, "Too bad we couldn't have opened the doors for that person!"—a remark that may produce steely silence for the rest of your ride, perhaps, but if you feel strongly about doing the right thing for others, it's well worth it.

In examining our own hearts and minds, we might ask ourselves: are we door closers, or door openers? Do our primary desires and goals to ensure that we meet our own time-related schedule cause us to act as door closers? Or are we the kind of person that ensures that everyone trying to catch the elevator makes it, even if it delays us slightly, thereby acting as door openers? How many of us are door rushers, perhaps always a few minutes behind schedule and dependent on the kindness of door openers to get us where our own time management wouldn't? Most of us are likely some of both—sometimes door openers and other times door closers. After all, we all have schedules to keep in our busy lives, which means that all of us at some point are susceptible to rushing. Each of us can recall times when we've been the rusher, the opener, or the closer—and there are human stories behind every choice we've made in these situations.

In thinking how such elevator experiences might serve as metaphor for us on our spiritual path, consider that we are always reaching outward and upward. It occurs to me that some of us may be rushing our development, some of us may be closing the door to Spirit's subtleties, and some of us may be opening the door, not only for ourselves, but also for others... and all of these varying states of mind, or attitudes, coexist within each of us.

As prayer for our individual progression and collective evolution, may we choose the "elevators" that embrace our divine qualities and elevate our spirits!

Thanksgiving Prayer

Oh God, we thank Thee for Thy creation,
For all Thy wondrous power and inspiration;
We raise our voice in prayer on Thanksgiving Day,
Grateful that our forefathers prepared the way.

God of our forefathers, give us courage to hold,
Like the faithful pilgrims so fearless and bold;
Who left their comfortable home from across the sea,
To worship God in freedom and liberty.

But now since those days' greater victories we claim,
Greater battles fought to win peace in Thy name;
And in Thy mercy and great understanding above,
We shall continue to honor those martyrs we loved.

Let us praise God for all His blessings divine,
And all those wondrous works which are Thine;
May God's blessings abound with us everywhere,
And may we ever abide in His eternal care.

CHRISTMAS BELLS

A shadow of light breaks across the sky,
Low there follows the sunrise of a Christmas morn;
And silvery bells peal forth the Christmas tide,
Ringing peace, joy and goodwill at dawn.

Once more again we welcome the Christmas day,
Once again we listen to that story of old;
How in Bethlehem, Judea the Christ Child lay,
Cared for by Angels with harps of gold.

High on the hill kind shepherds with their flocks abiding,
Were heralded by angels singing, "Hosanna. A New Born King!"
And the Three Wise Men from the East came worshipping,
Led by the shining star with precious gifts to bring.

It is many years ago since that wondrous Christmas day,
And we have sung "Hosanna" praises o'er and o'er;
The Star that led them of old, still lights the way,
And a mighty host of Angels worship as before.

Let us ring the bells at Christmas tide,
Carry our gifts to the lonely and poor;
May we spread the joy far and wide,
Peace, love and service render evermore.

Oh ye, Christmas bells! Ring out sweet and clear,
The glad tidings of Christ's spirit with love and peace;
Make some heart happy this coming New Year,
Ring out, bells of Christmas, may thy chimes never cease.

Writer: Rev. Melvena Hafner

How Do We Know *God & Spirit Are Listening?*

Writer: Debra Malison
First Spiritualist Church of West Allis, WI

How do we know God listens? We are taught that Infinite Intelligence and Spirit are always listening, always around us—and ready to guide us. But how do we know? We can't just test it out by saying, "I wish it would stop raining"—look up, and see the rain stop falling. It doesn't work that way.

We all want the perfect life. We want the life like the movies and television shows portray where everything is fixed in sixty minutes. Who doesn't want to wake up and have their biggest worry be what to have for dinner?

But you have to ask yourself, what is the perfect life? What really is supposed to be happening here? Are we supposed to be living like a television family where all things work out perfectly? Is it really the plan for us to marry young and have two perfect children, a dog, and a house with a picket fence? Are our children supposed to grow up to have a perfect life also and come to dinner every Sunday? I don't think so. I think what some call a "normal life" was invented by someone who had never experienced life—who lived from a place of fear—who didn't really know what life was supposed to be about.

Life is messy and unorganized. It is unexpected and challenging. It can make you feel excited to wake up in the morning and then it can drop you down a hole so deep you think you will never get out. Life is not about what happens to you. Life is about how you handle what happens. Life is about learning. It is about developing compassion and understanding. It is about learning to understand that

every interaction you have affects someone.

It would be easy to live a life where everything goes according to plan. You'd begin life with an idyllic childhood, fall in love, then get the perfect job and raise a family. You would likely enjoy a life where everything you wanted just fell into your lap. But I have to wonder, how would you turn out at the end? What would you have learned if you only needed to wish for something and it happened? Would you be able to have compassion and understanding for those whose life didn't work out that way? Or would you look at them and say, "it's not my fault if your life wasn't perfect." Would you lend a helping hand to others or would you just shrug and say, "it's not my problem, I have what I want."

So, what would you learn by never having anything happen to you? You would learn nothing. You would remain a one-dimensional human being who has no idea about humanity, with no skills on how to create an environment that enabled people to unite and work together. You would never learn how to care for someone who is not able to care for themselves, or recognize the gift you give that person by providing them with a little bit of comfort when they are living in a world of pain. You would never learn to appreciate how exciting it is to work towards a goal and receive the reward for achieving it.

Real life is waking each day and not knowing what is going to happen. It is about knowing that whatever does happen, you will find a way to use the challenge to gain the most knowledge you can from the experience.

Life with all its chaos is what makes us who we are. It makes us strong, it teaches us appreciation and love. In our nine principles, we honor the Golden Rule—do unto others as they do unto you. The reality of this rule is that unless you live a life full of challenges and experiences, (both the difficult and easy ones), you could never live by the Golden Rule because you would never have developed the ability to understand what it means.

As we stumble through our lives, often feeling as if we are not making any progress at all, we may turn to prayer or



meditation. As we do so, we reach out to our higher power and say, "please, take these burdens from me." We question why we have to experience such difficulties in our time here on Earth, and why we must live with such pain. We ask, "please take this from me, I just can't bear it." Afterwards, we turn our attention back to the business of our day. But somewhere inside, we are waiting. In the back of our mind, we are waiting for our burden or our pain to go away. We are waiting for God or Spirit to ease this part of our journey for us. And when God does not answer immediately, or in the way that we hoped or expected, we are disappointed. Doubt slowly creeps into our minds. We think, "well, if God really loved me, then I wouldn't have to go through this," or, "God would save me from that."

The truth is that none of us here on the Earth plane can know what God is thinking. Each of us designs our own grand plan each day. What, if any, the grand plan is for us is not ours to know in advance, for we cannot live our lives knowing what the end result will be.

One day we will recognize that the hardships and burdens we faced in life were each unique gifts for us to use. No matter how awful it may have seemed, or, as hard as it was to live through, we have learned from it. We have grown because of what we have survived—we are better and stronger in spite of ourselves.

Spiritualism teaches us that we are personally responsible for many of those hardships. If you become stuck in a downward spiral, your pain and grief may make it difficult for you to see an open door. Don't let yourself become comfortable in a life drowning in negativity. It is a choice you have to make. And any moment you choose to use your free will, you may change your mindset and walk through that open door.

To live your life as a Spiritualist means you believe in the continuity of life. Those we love in Spirit remind us that we each have a purpose for living, and that having love and compassion for each other is what matters most. Living a life full of challenges and experiences alongside one another is the best education we can have. We can be sure that the journey of life will continue to bring us face to face with situations that will lead us toward spiritual growth and greater understanding.

We are never alone. We are always looked after by those who have come before us, and if we are truly listening to our souls, we can be quite certain that God is indeed listening.

Nov/Dec 2015

CALLED BEYOND

Rev. Judy Campbell-Clark

Spiritualist Church of the Comforter, CA

Passed to Spirit on Sept. 7, 2015



With saddened hearts, on September 7, 2015, at 1:45 pm, our dear Pastor, beautiful friend, spiritual sister and beloved teacher, The Rev. Judy Campbell-Clark, NST, CM, made her transition home to Spirit. She taught us well, and we will continue onward with the joy, love, creative vision and uplifting energy she brought to our church and into our hearts.



The readers of The National Spiritualist Summit will miss her thoughtful, inspirational contributions.

The National Spiritualist Summit

17



by The Revs. Tom & Lisa Butler, NST

Awareness when Dead

Scientists at the University of Southampton have spent four years examining more than 2,000 people who suffered cardiac arrests at 15 hospitals in the UK, US and Austria. They found that nearly 40 per cent of people who survived described some kind of awareness during the time when



they were clinically dead before their hearts were restarted. In some cases conscious awareness appears to have continued for up to three minutes into the period when the heart wasn't beating, even though the brain typically shuts down within 20-30 seconds after the heart has stopped. Dr Parnia, lead researcher, believes many more people

may have experiences when they are close to death but drugs or sedatives used in the process of resuscitation may stop them from remembering. "Estimates have suggested that millions of people have had vivid experiences in relation to death but the scientific evidence has been ambiguous at best. Many people have assumed that these were hallucinations or illusions but they do seem to correspond to actual events. And a higher proportion of people may have vivid death experiences, but do not recall them due to the effects of brain injury or sedative drugs on memory circuits."

From: "Largest study into near-death experiences discovers awareness may continue even after the brain shuts down," National Post, October 7, 2014, <http://news.nationalpost.com/>

Project Afterlife

A six-part original series titled Project Afterlife premiered Sunday, August 9 at 10/9c for Destination America on the Discovery Channel. From the producers: "People who say they have visited the afterlife challenge everything we understand about death. If death is the great equalizer, how and why are some victims able to come back from death while others are not? In Destination America's all-new series Project Afterlife, a team of investigators

motivated by their own experiences with pulling victims back from the grave—including a paramedic, an ordained minister, a retired state trooper and an investigative filmmaker—launch an unprecedented quest to unlock the mysteries of resurrection with help from real people who say they have gone through it."

From: Destination America's all-new series "Project Afterlife," press release written By Sara Bibel, <http://tvbythenumbers.zap2it.com/>

The Urban Death Project

In a Tibetan tradition called sky burial, the deceased are cut into small pieces by a man known as the rogyapa, or "breaker of bodies," and laid atop mountains to be picked apart by vultures. Later, the bones are collected and pulverized with flour and yak butter and fed to crows and hawks.

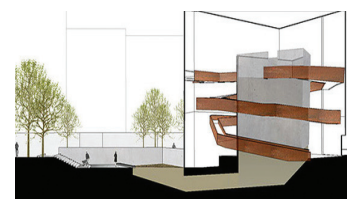


Diagram showing process to turn human remains into fertilizer.

For most people in this country, there are two options after death: You are buried or you are burned. The costs, both environmental and financial, are significant, but we accept these options because they are all that we know.

One Seattle architect wants to change this, to develop a form of body disposal that will both cost little and actually improve the environment. The Urban Death Project is a compost-based renewal system. At the heart of the project is a three-story core, within which bodies and high-carbon materials are placed. Over the span of a few months, with the help of aerobic decomposition and microbial activity, the bodies decompose fully, leaving a rich compost. Promoters say that the Urban Death Project is not simply a system for turning our bodies into soil-building material. It is also a space for the contemplation of our place in the natural world, and a ritual to help us say goodbye to our loved ones by connecting us with the cycles of nature. They are working with Western Carolina University's Forensic Osteology Research Station (FOReSt) to further study the composting process as a safe and effective way of caring for the deceased. The group has not yet raised enough funds to build a prototype and it seems they might face lots of legal issues first. For more information see www.urbandeathproject.org/

NDE's Change Lives

At the University of Virginia, a space is given to the scientific investigation of phenomena that challenge currently accepted scientific assumptions. Such phenomena include extrasensory perception (such as telepathy), apparitions and deathbed visions, poltergeists, experiences of persons who come close to death and survive (usually called near-death experiences), out-of-body experiences, and claimed memories of previous lives.

Dr. Bruce Greyson is one of the several scientists who work in the Universities Division of Perceptual Studies (DOPS), and his specialty is near-death experiences. Dr. Greyson says “As a psychiatrist, what’s much more interesting to me is not the ‘knock your socks off’ part of the near-death experience, but the aftereffects, the way it changes people’s lives. Psychiatrists and psychologists spend a lot of hard work trying to get people to make fairly small changes, and here in the flash of a second, people are totally transformed.” One of the most profound effects Dr. Greyson has observed is a loss of the fear of death. No longer afraid of death, NDEers are also no longer afraid of living life to the fullest.



From: Interview: Bruce Greyson on Researching Near-Death Experiences at the University of Virginia by Tara MacIsaac, Epoch Times, theepochtimes.com

Spiritual Awakening

Bruce Davis director at Silent Stay Retreats says “People in all walks of life are coming forward with experiences of Spiritual Awakening. Hundreds are reporting near-death experiences from accidents or serious illness when they find themselves floating above their bodies and entering a realm of vast peace and unlimited love. Others are reporting being next to loved ones in their last hours, who are seeing and talking to relatives on the other side, welcoming them to let go and join them. People are reporting experiences of being in silence, meditation, and prayer where their thoughts disappear and they find a space in their hearts of intimate acceptance, profound understanding. An overpowering experience of inner light or love seems to be common to the many who have had a spiritual awakening.

A new Heaven is the direct experience of the Divine being reported in all parts of the world. A new Earth is the life-changing result of the incredible news. Bestselling books, movies, internet sites, all the chatter about life after life are changing the hearts and minds of doctors, chaplains, hospice workers, and all of us who are facing the mortality of friends, family and our own. The personal accounts being shared ... are knocking down the door of many minds as hearts are being opened.”

From: “New Heaven, New Earth: Is Religion Being Replaced With Spirituality?” By Bruce Davis Ph.D., Huffington Post, 04/01/2015, huffingtonpost.com/bruce-davis-phd/new-heaven-new-earth-coul_b_6971536.html

Being Social and Living Longer

One of the most dependable, universal means to greater health and happiness is to simply socialize more. According to research, spending most of your time alone and feeling lonely increase the risk of dying by 30 percent! This is true even for those who say they prefer to be alone. In fact, according to the Robert Wood Johnson Foundation, loneliness can be as bad for you as a smoking habit. Yes, loneliness and social isolation are in the same category as smoking 15 cigarettes a day or being obese. In fact, our social lives are better predictors of how long we will live than our eating and exercise habits.

That said, choose your friends well. The quantity of social interaction is only half of the prescription. Quality matters too. The sort of people we hang out with has an enormous and immeasurable benefit not only on how happy we are, but also on how fat or even lonely we are. Surround yourself with people who have a positive influence on your life. According to one study, joining a group that meets even once a month produces the same happiness as doubling your income!



From: “Don’t Cancel Your Dinner Plans: A Science-Backed Reason to Be Social,” by Samantha Boardman MD, Huffington Post, 07/25/2015, huffingtonpost.com/samantha-boardman-md/social-health_b_7834956.html

Does Being around Trees Help People Feel Good?

A 2015 study from the Centre for Research in Environmental Epidemiology (CREAL) in Barcelona, Spain found that children exposed to more greenery—as measured by satellite imagery of their schools and neighborhoods—demonstrated better attention skills and memory development. Another recent study published in the journal Nature combined satellite imagery, individual tree data,



and health surveys from 31,109 residents of the greater Toronto, and found that people who live in areas with higher street tree density report better health perception compared with their peers living in areas with lower street tree density.

Trees are known to improve air quality by capturing six common air pollutants and toxic gases: ground-level ozone, particulate matter, carbon monoxide, nitrogen oxides, sulfur dioxide and lead. In fact, a single tree can absorb 10 pounds of air pollutants per year.

From: “Does Being around Trees Help People Feel Good?” by Amy Mola, Scientific American, EarthTalk, July 20, 2015, scientificamerican.com/section/earthtalk/

Tom and Lisa Butler are interested in your personal experiences with after-death communication. Please send your experiences to Tom-Lisa@atransc.org.



A Purposeful Life

Writer: Rev. Elaine Hager, NST
New Vision Spiritualist Center, FL

We have often heard that life is about the journey not the destination. The teachings of Spiritualism certainly support this statement. Through Spiritualism we have come to understand that the one true constant in life is that it is *always* changing. Nothing ever remains the same. Life evolves and so do we. We are not the same as we once were. Thousands of years ago we looked very different than the modern day human looks today. The Earth has changed. Certain plant and animal species have become extinct and others have mutated or evolved. Living creatures have had to learn to either adapt, mutate or perish.

Spiritualism is a religion, philosophy and science of adaptation. As new truths become evident, and then factual, Spiritualists embrace our flexibility to change our thinking to new understandings. We know that what once was, may not be so in the future. The irony of this is that for the most part, we don't like change, but change we must if we are to grow and evolve. It stands to reason that if the evidence of the past ages demonstrates change in the physical world, then it must also exist in the spiritual realms. We don't

think like our ancestors did, and rightly so.

Have you ever wondered why you are here or questioned your purpose in life? Perhaps you have come to the correct conclusion that you are here to fulfill your purpose. The rub is that you don't know what that purpose is. Consider that we are each part of a great landscape. Some of us are the flowers, some of us are the trees, and some of us make up the clouds and blue sky that are a vital part of this landscape. Though each of us may be only a small portion of this landscape, the scene without that small part is incomplete—like a puzzle with a missing piece. We each play a vital role in the landscape as a whole, and that knowledge often ignites within us a burning question: What is our greatest purpose in life? In order to find the answer we must return to the root of our understanding. Life changes and so do we. Could it be that our purpose is not one intense great event, but rather a series of smaller meaningful purposes along the way?

Our goals change. I doubt you have the same goals today as you did several years ago. Life's events dictate change. As an example, perhaps you

recently married and left your career behind to start a family. Your goal transitioned from being proficient in your field to being a great parent. Perhaps when your children became adults, you may have re-entered the work force and chose a different career. Then you retired thus your goals changed yet again. It stands to reason then that your purpose changed too. None of us have remained the same since birth. None of us have the same goals as we once did and none of us have only one purpose. Your purpose changes as you change.

Life's events lead each of us down different paths. Each new pathway we discover is an opportunity to engage with new people and experience new environments. Life is defined by a series of little diverse journeys that afford us an opportunity to create a purposeful presence in this world. Your purpose is not one single grand event, rather it is to interact mindfully and compassionately within your present environment. That is your grand and God-like purpose. The end result is the destination of ever-expanding spiritual unfoldment. It truly is about the journey.



Has Our Culture Sold Them Short?

Most of us would agree that television, movies, and commercials don't offer particularly accurate portrayals of real life. This also holds true for their depiction of men and their friendships. Most entertainment limits friendship to a bunch of guys hanging out together, going to the bar, or watching a game. There may be nothing wrong with these things, but such images rarely portray or encourage male friendship to include anything more than superficial interaction.

Beer commercials are classic examples of the purported simplicity of male bonding. In one commercial, a song pronounces that "It's guy's night out," and then goes on to show men as mindless sheep, heading to the bar to watch football on a big-screen TV, and ogle women. These types of ads reek of testosterone and probably sell lots of beer, but they also create a distorted concept of male friendship for those young, impressionable minds who may be watching. What kind of lasting impact will this have on our future?

Why do men less often invest time and effort building intentional and mutually supportive, close friendships than women do? Is it predominantly a female trend to have close friends and deep friendships? Are men happy with just having acquaintances? Many of us may initially believe that friendships are built on common interests. But perhaps the reality is that good friendships are really based on the mutual sharing of our weaknesses. Of course, it is counter-cultural for men to build anything on shared weaknesses. But it's only in sharing our weaknesses with others, that they can be of genuine support to us. For all of us, the support of others is vitally important.

In our culture, especially, the phenomenon of male bonding is rare. We are not a society that encourages men to join together for creative purposes. (Unless you consider hockey creative.) Dave Phillips of "Focus on the Family" says something to the effect that, most men over 40 in our society make few new meaningful friendships. We know intellectually that this is true, but few of us know this experientially.

Ask yourself the question: "What really matters in life?"

Most Spiritualists will answer, "friends and family." Then isn't it sad news to hear that so many men today may have few experiences of really close, beneficial and meaningful friendships in their lives? As Spiritualists we know that most of our life lessons come from the interactions and experiences we have with family and friends throughout our lives. If men really are missing out on close bonded friendships to this degree, what life lessons are they then not experiencing to the level that others may be?

Both men and women benefit from the potency of quality relationships by sharing their lives with others, and by pushing the boundaries of superficiality. We know of its importance for this has been evidenced as a popular narrative in movies and filmed around the world. The concept of male bonding has been used as a plot structure in westerns and gangster films for many years. (most male genres). Might it be the lack of genuinely satisfying male relations in male culture that makes these artistic portrayals of "successful" male bonding in the movies so popular? Likely so.

It is true that for fundamentally biological reasons, men tend to interact differently than women. Of course, there's wide variation in the way different men interact, too. But fundamentally, there's a difference in the way groups of men, groups of women, and mixed groups bond. "Male bonding" is a cliché, but has a basis in fact; and while the behavior of a bonded group of men may not always be what outsiders would approve of (not that men have any monopoly on that), their bonding can be a powerful force if creatively directed toward the greater good of humanity.

Do our churches draw men in and include them in activities that make them feel vitally important as members of our churches? If your church has a predominantly female membership, then why is that? Armed with this knowledge and a desire to create positive change, perhaps we can encourage more men to participate in activities within our churches that are geared for them. Let us consider creating more opportunities for men to participate and foster new friendships that have the power to enrich their lives.

Writer: Anne Thomas

The Power of Our INTENTIONS

Writer: Rev. Ernest L. Leard
Memorial Spiritualist Church, VA

We have all heard before about the importance of intention, and its importance in our lives. The following information is drawn from the text of Deepak Chopra's book, *How to Know God*, which includes material about the power of intention.

Intention is essential in mediumship, healing, and in working with Spirit. It is also important with regards to manifesting and accomplishing our goals in life. Everything begins with your intention. Most of us consider ourselves good at discerning intent. If someone says nice things, but their actions are uncaring or unthoughtful, their intent shines through. We know that an expensive gift does not necessarily mean that the intent of the giver is loving and caring. Deepak Chopra said, "We know instinctively when intentions come from an honest place or a place of deception." He writes: "In spiritual life, intention includes will and purpose, aspiration and highest vision. If you set your intention toward God, spirit grows. If you set your intention toward material existence, that will grow instead. Once you plant the seed of an intention, your soul's journey unfolds automatically."

We express our intent in many ways—by our thoughts—our words—our actions. We may choose to put them in writing to help us maintain our focus and direction. As Deepak Chopra states that if we allow ego to drive us or to guide our intentions, it is much more likely to lead us to material concerns. We may end up expressing intentions like: I want to win; I want to prove myself by taking risks; I want to have power over others; I want to make the rules; I want to be in control; I want to do it all my way. Intentions like these all center on ego needs, and as long as our true intentions come from there, our life will follow.

If we want to grow spiritually, our thoughtful intentions are going to have to be God-centered and spiritual. Chopra gives the following examples: "I want to feel God's presence in my life; I want God to aid and support me; I want to feel connected to the whole; I want my life to have meaning; I want to be free of restrictions."

God's presence can give us an inner peace and satisfaction within ourselves and our lives. Infinite Intelligence means infinite love, infinite truth and infinite creativity. We are all part of that and we can use it to our benefit on our spiritual journey. Moving closer to God and Spirit can relieve the emptiness we sometimes feel. Instead of looking outward, to the physical world, to find purpose in our lives, we can come to realize that just being here, as we are, can fulfill our highest purpose. We can come to recognize that our

inner freedom is not constrained by external restrictions. As we grow spiritually, old boundaries and defenses disappear. We can flow with the river of life, awaiting the day when no boundaries of any kind will hold us back.

No one can tell us what our intentions should be. We must be true to ourselves and set our own dreams, aspirations, and intentions. (There's that personal-responsibility thing we hear about in church all the time.)

Chopra closes out his discussion of the power of intention by giving us some ground rules that he has found effective. Perhaps they can help us as well. First and foremost, he says, "know your intentions." He provides you with five to consider: "I want to feel God's presence; I want God to aid and support me; I want to feel connected to the whole; I want my life to have meaning; I want to be free of restrictions." Do these resonate with you? Perhaps there are others you would include. Our destiny is to grow spiritually and move closer to God. And, as Chopra says, "the fuel that makes destiny move is intention." Make an intention that the gap of separation gets a little smaller every day. What gap? Perhaps, the one between you and God—you and Nature—you and your fellow man.

Recognize when you express a negative intention, which often arises out of fear or anger. Negative intentions often take the form of guilty desires such as: "I want someone else to fail; I want to get even; I want to see people punished, I want to take something that doesn't belong to me."

Set your intentions high. Aim to be a saint or miracle worker. Why not? Our reach should always exceed our grasp; it is by striving that we grow and achieve. Next, see yourself in the light. Our egos keep their grip on us by making us feel needy and powerless. Our egos drive us to acquire things—money—power—possessions, though we know that these material things cannot fulfill us spiritually. They cannot help us move closer to God. Do not see yourself as living in shadow, trying to find your way to the light of God. Many who have had near-death experiences have told us how they felt such love, awe, and wonder when they were bathed in the light. The truth is that the light is always there—always. We only have to open ourselves to it.

See everyone else in the light as well. Chopra writes: "The cheapest way to feel good about yourself is by feeling superior to others. From this dark seed grows every manner of judgment. Getting out of judgment is vital, and to plant that seed, you have to stop dividing others into categories of good and bad. Everyone lives in the same light... When you are tempted to judge another person,...remind yourself that everyone is doing the best (they) can from (their) own level of consciousness."

Reinforce your intentions every day. In this material world, the distractions can be overwhelming. Remind yourself, every day, of

your spiritual purpose. You may want to write down your intentions, or express them in daily prayer or meditation sessions. Don't just repeat them on the spur of the moment. Slow down, find your center, and hold on to your intention, until you feel it become a part of you.

Learn to forgive yourself. We all fall into traps of selfishness and negative thinking. The chance remark that hurts someone's feelings, the careless lie, the temptation to cheat—they are universal. Forgive yourself, for what you have thought, said, or done, and set an intention to do better. Apply to yourself the same dictum you extend to others—You are doing the best you can from your own level of consciousness.

Learn to let go. When we are trying to live a spiritual life, we can be right and wrong at the same time. We are right to try to know God in every way possible. We are wrong if we think that things won't change tomorrow. Growth requires change. We must be prepared to let go of old beliefs, thoughts, and actions no matter how good or spiritual they made us feel in the past, just as we left behind old religious beliefs and practices when we came to Spiritualism. Don't hesitate to let go of the past.

Revere what is holy. Our material, rational, scientific world encourages us to be skeptical of the sacred. But truth, beauty and meaning can also be found in the spiritual, mystical, and philosophical. The human representatives of God, and their teachings, constitute an infinite treasure, whether they are expressed in the sacred texts of Buddhism, or the Jewish Torah, the Christian Bible, the Koran, Native American teachings, or the beliefs of any other religion. Dipping into this treasure will help to open our hearts and minds.

Allow God to take over. Many of us are addicted to worry, control, over-management, and lack of faith that things will work out the way they should. Resist the temptation to follow these tendencies. Your intention is the most powerful tool in your life. Set your intention for everything to work out as it should, then let go. Let opportunities come your way. The outcome you are trying to force may not be as good for you as that which naturally comes to you.

Finally, embrace the unknown. You are not who you think you are. Our spiritual journey is about finding out who we really are. Our physical existence has given us our feelings, our likes and dislikes, our experiences, our abilities and limitations, our possessions and our desires. But none of this is the real you. The real you is Spirit. To know your true self—your soul—your spirit—you have to strip away the layers of illusion that obscure it. It has nothing to do with the "I", the ego, that we already know. Intention can help you on that journey. Plant a seed of intention today.

The full title of Chopra's book is: *How to Know God: The Soul's Journey into the Mystery of Mysteries.*

Who Said It? Quiz

Contributed by: Rev. Marilyn J. Awtry, NST; Center for Spiritual Enlightenment, VA

1. "As long as my voice can be heard or I can wield a pen, both will be used for Spiritualism."
2. "I am not a Spiritualist but accept it when it aligns with my Harmonial Philosophy."
3. "I must remain the 'free lance,' I have ever been and work wherever I am called to operate, and therefore cannot pose as exclusively a Spiritualist, inclusively; I am as thorough going an advocate of Spiritualism as any of its most enthusiastic representatives."
4. "I ask the great unseen....."
5. "Spiritualism came to protest against every attempt to compel humanity to worship God in any particular or prescribed manner."
6. "A thought—good or evil—an act, in time a habit. So runs life's law; what you live in your thought-world, that sooner or later will find objectified in your life."
7. "Under All Circumstances Keep an Even Mind."
8. "The acid test of clairvoyance is that it must be evidential."
9. "At all times, seek the truth even at the expense of cherished theories."
10. "Experience, the one and only Great Teacher has been by your side since your first baby cry announced the arrival of a new Soul on this Earth."
11. "The hypothesis of Spiritualism not only accounts for all the facts (and is the only one that does) but it is further remarkable as being associated with a theory of a future state of existences which is the only one yet given to the world....."
12. "The word Psychometry coined in 1842 to express the character of a new science and art, is the most pregnant and important word that has been added to the English language...it means soul measuring...."
13. "The aura is very variable and is greatly influenced by all the mental and psychic conditions of the person to whom it belongs."
14. "To have the power to commune with the departed is too priceless to be sold in the market."

Answers to Who Said It: 1. M. E. Cadwallader, *Historical Spiritualism* / 2. A.J. Davis, *Magic Staff* / 3. W. J. Colville, *Universal Spiritualism* / 4. Charles Burgess, *Path of Light* / 5. Joseph Merrill, *Spiritualist Manual* / 6. R.W. Emerson, *In Tune with the Infinite* / 7. A. J. Davis, *The Magic Staff* / 8. Marlice Barbanell, *This is Spiritualism* / 9. W.T. Stead, *Communication with the Next World* / 10. Harold Sherman, *You Live After Death* / 11. Dr. Alfred Russel Wallace, *Miracles of Modern Spiritualism* / 12. Dr. Joseph Rhodes Buchanan, *Psychometry* / 13. Hereward Carrington, *Your Psychic Powers and How to develop Them* / 14. Hudson G Tuttle, in *Melodumship & its Laws*

Native American Spirituality & Modern Spiritualism

Writer: Rev. Awilda G. Abaza, NST, The Church of Eternal Life, NJ

The month of November brings to mind Native American spirituality and its connection with Modern Spiritualism. The month of November has been designated as Native American Heritage Month, according to the U.S. Department of the Interior of Indian Affairs. In 1991, Congress passed Senate Joint Resolution 172, which authorized and requested the President to proclaim the month of November 1991, and each November thereafter as American Indian Heritage Month.

On October 31, 2014 President Barack Obama, in his proclamation designating November as National Native American Heritage Month, stated in part: "Every year, our nation pauses to reflect on the profound ways the first Americans have shaped our country's character and culture. The first stewards of our environment, early voices for the values that define our Nation, and models of government to our Founding Fathers—American Indians and Alaska natives helped build the very fabric of America. Today, their spirit and many contributions continue to enrich our communities and strengthen our country."

Nowadays we see that more and more non-native people are drawn to the beauty and simplicity of native spirituality. What about native people and their deep spirituality as it relates to Modern Spiritualism?

Native Americans regardless of tribe or geographic location had a concept of one all-encompassing "Great Spirit," ever present and manifesting in all things. They lived a life close to nature, loving and respecting the land and all it contained because they believed the Earth to be part of the Great Spirit. The Earth was a gift that would provide sustenance for their tribe and all creatures. Nothing was taken for granted and their attitude was one of gratitude.

As Spiritualists we too, believe that a correct understanding of the laws of nature, physical and spiritual, and living in accordance with that understanding leads to the unfoldment of the highest attributes of the Spirit. Our 2nd Principle states that "...the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence." Our belief that all forms of life are manifestations of Infinite Intelligence is also the basis for native people's beliefs.



Though the Native Americans had no organized religion, they were a very spiritual people. They considered God or the Great Spirit to be everywhere. The Infinite was a power that extended to all things and into all aspects of life. They believed in the reality and substance of the Spirit World and that God was revealed to the brave and worthy as love, hence they believed in a God or Great Spirit of love.

Native Americans understood they were not alone, and they recognized the invisible world around them—a world with which they could communicate—a world they could depend on. They had a deep understanding of the natural world and the importance of living in harmony with it. In today's world, many people have been brought up to completely focus on the material life, without regard to the natural or spiritual world that is interconnected with our lives. Most will not become aware of the Spirit World until they reach it.

However, since native people were traditionally familiar with the Spirit World and how it related to earthly life, they were natural mediums and healers and worked with spirit forces to demonstrate not only mental but physical phenomena. They understood that life continued after death, so after their passing they easily adjusted to their surroundings, and have been able to act as guides to many Spiritualist mediums in the physical world, especially during the early days of Spiritualism.

Native guides are attracted to us since as Spiritualists, we are open and aspire to live in accordance with Natural Law. We seek to understand our connection with the Spirit World and with all creation. When they see our desire to be instruments of service to humanity, and to understand both the material and spiritual side of life, they are drawn to work with us and to encourage us. They come not only to serve but to remind us of the importance of living a good life, a life that takes into consideration not only each other but Mother Earth and all of God's creation.



Home Thoughts

From Abroad

Writer: Rev. Lionel Owen, South Africa
Norwich Spiritualist Church, UK

They remind us that we are only stewards of this Earth and as such have been charged with safekeeping it for generations to come. Our ancestors have existed for thousands of years on this Earth. It is our turn to care for Mother Earth before leaving it to generations who will live here thousands of years from now.

Native Americans were not savages as they were often portrayed, but sensitive, proud and spiritual people in the highest sense. They bring us Spiritual Truth and knowledge that we are not alone, and that we too are part of the spiritual continuum. Living in service to others is recognized by the Spirit World because as they serve us, they are also serving the Great Spirit.

In the early days of Spiritualism, Native American guides commonly communicated through mediums. Because they had lived spiritually while on the Earth plane, it was a great joy for them to come back and serve the Great Spirit through earthly instruments.

As we celebrate Native American Month, we want to remember that we celebrate and honor the Native Americans not only for the many ways they have enriched our nation, but also for their service to humanity. We, as Spiritualists owe a debt of gratitude to Native American spirit guides for their loving guidance, wisdom, and help in bringing Spiritualism to the world.

We have been in South Africa several months now from England, and I'm wondering what happened to the time! Recently we went on a ten day holiday to various places only a short four or five hour drive from home. It was a real tonic and a time of revitalization for our spirits as well as our bodies.

One place we visited is a wilderness area, totally unspoiled by modern developments called Bavian's Kloof. We stayed in a small cottage built by Italian prisoners of war during WWII. There was no electricity, though there was running water and a bathroom that was open to the skies! The only company we had were baboons who could be heard but not seen. The peace and tranquility of the place soon seeped into our bones and although there were plenty of interesting sites within walking distance, such as a beautiful waterfall and some ancient cave paintings, we just stayed put, drinking in the peace and realizing just how true it is that all life is not only connected but is truly one.

We stayed outdoors long past sunset and marvelled at the huge expanse of stars, brighter by far than it is possible to see from urban areas where so much artificial light robs us of a view of the heavens. We began to appreciate what starlight really means. It brought home exactly how much modern humanity has sacrificed to embrace the modern Western way of life. Spend a little time in a wilderness, and we soon come to realize our own insignificance when compared to the glories of nature. Yet, at the same time, one also understands how lucky we are to have

self-consciousness that enables us to understand, albeit indistinctly, that the Spirit which supports all parts of the natural world is the self-same Spirit that is the motive force of our own lives.

I have frequently heard the quote that "one is closer to God's heart in a garden, than anywhere else on earth." I found myself at Bavian's Kloof questioning this assertion. As the beauty and tranquility of wild nature impressed itself upon my awareness, I felt I was much closer to understanding the claim by the Psalmist, "Be still and know that I am God." Indeed, God has been so kind to allow me, even at my age, to come to a country where Man's effects on the landscape are still minimal in many places. This is a country which despite widely reported violence and frequent power cuts offers wonderful opportunities to obtain greater understanding of humanity's true role in God's plan, and thus an inkling of the role each individual has in working out the plans of our Creator.

I know it is easier to experience this closeness to nature in the balmy days of summer, but even during the snowy and icy days had in the United States or Europe, it is still possible if you find the right places. If it is not possible to find a physical place near you where nature can serve as your inspiration, remember that you can always go within, and in the silence of meditation, you may discover the very same truths.



The Spirit World

Writer: Rev. Melvena Hafner
Reprinted from TNS, Aug. 1981

Intangible, Yet Perceptible

*"Beyond any shadow:" A fact that cannot be denied,
Demonstrated by people of all walks of life,
Proof authentic to the eye of the witness.*

All things in the physical are relative, as they are in the World of Spirit; however, how can you describe a red apple to a child who has never before seen the color red or fruit of any kind? The challenge is more than enough to boggle the mind.

Volumes have been put to pen in this sincere effort. But to each beholder comes a different description. The observer is not guilty of deceit, for like you and I, we but see what comes before the eye and is sensed, somehow, within the material of the brain. The witness to this parade can only speak of what he knows, what he has seen in his lifetime. Together this forms the basis of his view of the Spirit World.

To refer to the Spirit World in such general terms is too vague of an explanation for modern man to accept. It has definite parameters and exits concurrent to this world, the Earth, and other life-holding spheres within the universe. Our world of spirit is but ours. It belongs to this world, the Earth, and other orbs within the heavens have their worlds of Spirit. Surprised? Don't be. Man is unique, but not that unique.

The Spirit World is connected with the Earth by a series of zones of etheric substance. These zones are fixed in their relation to the Earth and revolve with it. The first belt nearest our planet penetrates and envelopes it. In fact, the Earth may be represented as swimming in this great etheric sea. Our perspective is too limited to try to unfold this vast plan of creation. However, it is possible for us to understand that all creation is the blending of all

eternal substances and life energies, ever-flowing from the same source—Infinite Intelligence.

So, what is the Spirit World like? These zones are as real to those who live upon them as the Earth plane is to us. Some people object to picturing the Spirit World as substantial and real. They prefer to think of heaven as purely subjective, a state of mind. In the first transition we find no change. Our characteristics are unchanged except for a finer ethereal body to fit the needs of each individual. Through a natural law of attraction the Spirit body becomes acclimated to a higher rate of vibration. In this new state we still desire aesthetic values such as trees, lovely flowers, or the grandeur of the mountains, rivers and all physical things. We must understand that all of these necessities are created from fine, etheric substances also suited to the higher planes of life. Every form of beauty which we see here is but the crude materialized expression of ethereal beauty, which constitutes part of a world in which Spirits experience continued life.

All material bodies and all objective forms are in a constant state of change—here today and gone tomorrow; but the substances are not annihilated, they simply exist in another state. Science has proven that there is a common stuff, or primary substance. The existence and reality of that substance to us depends upon the organs of sense which we employ. On the Earth plane we employ physical senses and, as a consequence, physical objects seem real to us. So why can we not conceive the same about the Spirit World? Like the constant change of our material bodies, we find the same law of life governing in the Spirit World. And like our Earth bodies, they are still subject to some degree of change. Consequently, they will desire food to restore balance, but as the Spirit body becomes more developed, their desire diminishes.

Clothing is still required to cover their bodies, but it is self made. The substances which enter into it represent the thought and development of the will of the Spirit. If you are inclined to doubt this, let me remind you that the substance of your brain is molded into convolutions by your thoughts—strange it may seem, but true. We find that which is true of clothing, is true of the houses in which they live. Another Spirit may build you a house, but you must live up to the ideal it represents in order to maintain ownership. Thoughts become things eventually; so it is in the Spirit World. Living on a lower plane, considerable time may lapse as we wait for them to materialize. Thought force in the Spirit World is many times faster through the will of the Spirit.



Being Spiritual

Guest Writer: Gordon Ray
Brisbane Spiritualist Church, Queensland, Australia

As we realize that Spirits are natural beings, social and government matters must also be recognized in their continued life. But we must not lose sight of the fact that their life must be a finer, higher one. The occupations of the Spirit World are largely mental, but as they shed the instructions of the Earth plane, they gradually become better acquainted with the workings of God's laws. Through a better understanding of all things, they become fitted to take up their duties and responsibilities. The place they go after transition is of their own choice, created out of their ambitions, desires and actions here upon the Earth. They step automatically to their new plane of conscious existence. All is by immutable law, for can anyone bisect eternity? There is no stagnation; God's law is fixed ever the same.

In the twinkling of an eye we realize and know the change is a natural one. Loved ones can return to Earth to enlighten others. There are souls on higher planes who desire to assist you over there, according to your own will for further progress. Intellectual souls on Earth are known to attract power and unfoldment from higher influences which are sent to bring positive change to humanity.

It is up to you and me, individually, to unfold these marvelous mysteries that God or Infinite Intelligence manifests around us and within us. Always remember that God's laws are co-related; that whatever is expressed or created in life is never completely separated.

We do not have a choice on whether or not we are a Spirit—it is what we are. But we do have a choice as to whether we are spiritual or not. As Spiritualists, we consciously accept, acknowledge and nurture our latent spirituality. We normally refer to this Spirit as our soul—the non-material element of our being. My contention is that it is that non-material element in us that gives us our very life essence, consciousness and direction.

Many of us remain unaware of our true spiritual nature. We may be born into a primarily material existence, and all around us are pointers bringing our focus back to that material existence. Everything may seem to be material—even other people, birds, animals and of course life and death. Those remaining immersed in the material world have no recourse but to sadly accept the loss of a loved one and go on living, perhaps in a state of grief. As Spiritualists, we learn how to accept the sorrows as well as the joys and pleasures of existence, and we are open to the truth of our continued existence beyond death.

As humans we are constantly tested and challenged by the material world. We have a duality to our nature and can go the way of materialism or the way of the Spirit. Which way do you most often choose to go?

What are we? We are essentially Spirit within a human material body. We are here in order to learn as many lessons through life as possible before we return home to the Spirit plane. We can best do that by facing the many tests and challenges that life puts before us. What our life in the Spirit World will be like depends upon how we travelled through this life. Did we live a life of compassion, love and service? Or did we live a life of being selfish or bound up in the material world? Much depends upon your choices.

“Men and women devote all their efforts to gain baubles and possessions far beyond what they need, and sacrifice the eternal realities which are their greatest assets the human being can have.”

“Those who worship things of matter are bowing to false idols. There is no reality in them.

Their existence is but temporary.”

Silver Birch

Portland Spiritualist Church, ME

NSAC *Outreach*

*Reaching out and connecting with the public to
advance the awareness of Spiritualism*

In March of 2014 the Portland Spiritualist Church received a request from Professor Susan M. Hansen at the College of Arts & Sciences, University of New England, for someone to instruct classes on what happens after we pass to Spirit. The professor also requested someone to demonstrate spiritual healing and mediumship. The course was "Lifespan Development," and was a requirement for the pre-med and physical therapy students. Me, Rev. Beth Carter, and my husband, Mike agreed to speak to about 34 students in each of two classes. We performed both healing demonstrations and mediumship readings for the students in the class.

For two young ladies in particular, the readings were very healing and included evidential messages from known loved ones. These students were 18 and 19 years of age. One young lady found validation during a message when it was mentioned that her grandmother had been an accomplished pianist, though she herself had no such ability. As Mike gave a reading to another young lady, he told her that he was hearing the word "pickpocket." Stunned she spoke up and said, "My last name is Pickett." Professor Hansen stated that she had never been able to get students to stay after class for continued discussion before, but they certainly wanted to that day! It was a thoroughly enlightening and enjoyable experience for everyone involved.

During the 2014 Summer Season at Madison Spiritualist Camp, two ladies—Amy Tibbets and Linda Quimby—began attending the circles and having private readings as a form of research. They were considering holding a large message circle as part of their "Mercer Old Home Days" weekend fundraiser. They approached Mike and me as officers of the Spiritualist camp to ask us if we were willing to hold the message circle. Indeed we were! On a beautiful October fall day, we held a message circle for 50 people from Mercer and other local areas that attended our event. Our delight was in finding that many of the visitors in their 80's had attended Camp Etna in its heyday

on a regular basis. They were excited to be reunited for an event like those they so enjoyed in the past.

The event raised money for the lovely old 1800's meeting house in which the event was held and for the Madison Camp. What a wonderful way to support a local event and further the knowledge of Spiritualism!

Giving gallery readings last May at the Lakewood Theater in Madison was another one of our recent community outreach experiences. A church member, Eddita Felt had been working with theater managers Jeffrey and Susan Quinn in paranormal investigation. She approached Mike and me to do the readings at the theater as a joint fundraiser for the theater and our camp. We said yes. The event was successfully advertised and on that freezing cold night by Lake Wesserunsett, 112 visitors attended and Spirit was called forth. The energy in that theater was phenomenal! The scary part of reading to individuals from a small community is that everyone recognized the spirits brought to someone else! They know each other well!



Susan Quinn, Jane Arthur, Michael Carter, Rev. Beth Carter,
Eddita Felt. (Photo by Peggy Lovejoy)

You can encourage outreach experiences by approaching schools and groups in your locality to see if a joint outreach can be initiated. The primary energy I brought away from the 2014 convention was the need to do outreach in my community. The comment at the Theater was—"We didn't know a Spiritualist Camp was so near by." As a result, several new students have been attending classes at our camp this summer.

Our heartfelt thanks go out to everyone who made the events possible and such a success! Let our positive experiences encourage you and your church to try to do more outreach work within your local communities.

Spiritualist Church of Eternal Life, ME

2015 NSAC PASTORAL SKILLS COURSE

People come into your life for a reason, a season, or a lifetime. When you figure out which one it is, you will know what to do for each person. In August 2015, thirteen Morris Pratt Institute students met with the instructor, Rev. Barbara Starr, National Spiritualist Teacher at the Spiritualist Church of Eternal Life in Sabattus, Maine for the Pastoral Skills Course (PSC), hosted by the church's Pastor, Rev. Catherine Sabine NST.

While learning the skills necessary to become a minister, students and the instructor formed a tight-knit bond. Henceforth, you are forever known and introduced by your PSC friends as Patricia Sabine; she was in my 2015 Pastoral Skills Class.

The Spiritualist Church of Eternal Life Church members were gracious hosts—they hosted a continental breakfast, potluck lunch and snacks every day for the students. This allowed the students to concentrate on their studies by reducing their travel time.

The Spiritualist Church of Eternal Life members came into the students' lives for a reason: they wanted them to succeed. Almost half of the students were from the Spiritualist Church of Eternal Life. The other students hailed from the Church of Spiritualist Life from Derry, NH, Augusta Spiritualist Church from Augusta, ME, Portland Spiritualist Church, from Portland ME. and the Church of the Living Spirit from Glendale, AZ.

At the 2015 graduation, Ms. Patricia Sabine moderated. Rev Bradley Gosselin, NST, President of National Spiritualist Association of Churches, Rev. Graham Connolly, NST, President of Maine State Association of Churches and Rev. Barbara Starr, NST all gave congratulatory talks to the students.

During the graduation, each student received a graduation program that contained the Pastor group's pledge and each student read their individual pledge with what they are going to do with their newly acquired knowledge.

"A PASTOR'S PLEDGE"

I, (student name here), pledge to communicate the philosophy, religion and science of Spiritualism through lecture and teaching. To study and support moral and social world views as a freethinker. To provide leadership to my church and community through facilitation of groups and workshops, and the development of relationships and networks in the greater community.

I pledge to lead my church and wider community through prayer; and to demonstrate my commitment to welfare and community service activities through my own example. I will provide personal support to people in crisis. I will provide information and referral resources for community support and health care services. I will visit the sick and elderly to counsel and comfort them and their families.



Instructor:
Rev. Barbara Starr, NST

**NSAC
Pastoral Skills Course
Graduation Class of 2015**



From left to right in the front row: Emily Nadeau, Richard Sabine, Jr., Sue Gagnon, John Cain, Isabelle Louise Hart. Second Row: Rev. Barbara Starr, NST, Patricia Pepin, Peter Horne, Patricia Sabine, Marguerite Walker, Kenneth Edward, Jr., Judith Schaefer, Patricia Laughlin, and Dwight Broadstone



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LYCEUM

The Holidays are here!

When the holidays begin to draw near, people everywhere seem to become more giving. Their charitable nature kicks in and they make donations to local charities and even seem to attend church more often during the holiday season. Some feel an obligation to come to church because of a guilty conscience. Some attend more often before the holidays because they feel it will help them get into the “spirit” of things. Some are coming for a brief escape from all the visiting family members that fill their homes during the season.

Isn't it wonderful to know that our Spiritualist churches don't have to “guilt” our congregation members into coming to church or

do more during the holidays? We are fortunate to be able to live by our Principles and know that each one works according to Natural Law. Since everyone follows or is trying to follow Natural Law and our Principles, we help individuals out every day of the year. “Helping out” does not necessarily have to be big things, sometimes it is just being there for that particular person.

When we learn and live by the Principles and Natural Law, we are living in the spirit of the season all year long. Helping out someone with a talk, smile, hug, food, or whatever we can do within our means is what we are about—bettering ourselves in every capacity available, for our and their highest and best, and sometimes learning valuable lessons as we go along.

The NSAC Department of Lyceums
Contributed By Rev. Havivah Richards, NST
Church of the Living Spirit, AZAC

KNOW! *The world needs the teachings of Spiritualism. . . . Spiritualism is a system of thought and knowledge. . . . The basic facts are the continuity of personality, and the power of communication after death.*

—Arthur Conan Doyle, *The History of Spiritualism*

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The NSAC Healing Center

serving as a Beacon of Light to bring illumination to those in need.

Spiritual Healing, recognized in many ancient religions, has always been a part of Spiritualism. Today, evidence is growing in the medical community about the importance of spiritual healing. It is now accepted that the whole person needs treatment, not just the illness.

It is easy to send a request for healing prayers for yourself or another. You can send your request through the NSAC site at www.nsac.org by clicking on *Healing* and filling out a form. You can e-mail Vickyvjean@yahoo.com.

The NSAC Healing Center has a brochure that includes the Power of Prayer, How Spiritual Healing Works, How to Get Started and the NSAC Healing Prayer. If you are interested in forming a Healing Prayer Group, please contact me and I will forward information to you on how to get started. While there is no charge for this booklet, any donation that is received will help off-set the printing expenses and postage.

You can make a donation to the Healing Center in memory of someone and a letter can be sent to their family, acknowledging your donation.

We all know the power of prayer. Each day, when saying your prayers, please include the names on the NSAC healing list.

Thank you and Healing Blessings,
Rev. Vicky Homann, NST

– Prayer for Spiritual Healing –

*I ask the great Unseen Healing Force to remove
all obstructions from my mind and body
and to restore me to perfect health.*

*I ask this in all sincerity and honesty
and I will do my part.*

*I ask this great Unseen Healing Force to help both
present and absent ones who are in need of help
and to restore them to perfect health.*

I put my trust in the love and power of God.

SPIRITUAL HEALING REQUEST

(PLEASE PRINT)

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• **WISCONSIN** •

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HAACK, Rev. Annette L., NST, Pastor of Summerland's Lakeview Spiritualist Church, Certified Medium, Comm. Healer; Classes private consultations 2932 Waubesa Ave., 53711 - (608)354-2694; Revannettehaak@SLSCMADISON.org; SLSCMADISON.ORG

STEVENS POINT

ANGEL, Rev. Colleen A., NST, BS, MLIS, MA. Member Summerland's Lakeview Spiritualist Church. Classes, seminars; Consultations by appt. (715)544-7387 Rev.C.Angel@gmail.com

• **CANADA** •

MONTREAL, QUEBEC

ROSSNER, Rev. Dr. Marilyn, Ph.D., Pres./Pastor, Spiritual Science Fellowship, 1974 de Maisonneuve W., H3H 1K5 - (514)937-8359; www.iiihs.org; mrossner@111hs.org

Nov/Dec 2015

The National Spiritualist Summit

Wishing You
Happy
Holidays
from the
NSAC

DIRECTORY OF NSAC CHARTERED CHURCHES & AUXILIARIES

• ARIZONA •

GLENDALE • Church of the Living Spirit • 3736 W. Wahalla Lane, Glendale, AZ 85308; Mailing address: 9106 W. Willow Haven Court, Sun City, 85351; Pastor Rev. Janet Tisdale, NST, (623)972-3916; Sun. Svc 10:30am.; www.churchofthelivingspirit.com

PHOENIX • Spiritualist Living Center • Two locations for services: Saturdays 10am at 14465 RH Johnson Blvd, Palo Verde Rm. Sun City West. Assistant Pastor: Maggie Simpson. And, Sundays 10am at 148 N. Center in Mesa. (Back entrance of SW Herb Shop & Gathering Place. Assistant Pastor: John Cain. Phone: 602-510-2326. Mail: 16845 no. 29th Ave. #525, Phoenix, 85053. Pres: Ann Yedger; Qantas523@aol.com. Church email: info@spiritualistlivingcenter.com. Web: spiritualistlivingcenter.com

• CALIFORNIA •

CALIFORNIA STATE SPIRITUALIST ASSOCIATION • Pres. Rev. Maureen Eslick, (818) 219-4509 Sec: Susan Hazard; (805)618-0354; cssasecretary@yahoo.com. Mail to: 121 West Pueblo, #3. Santa Barbara, CA 93105.

AUBURN • Circle of Love Spiritualist Community • 884 Lincoln Way, #30, 95603; Sun. Service 10am; All Message Service Thursdays 7pm.; For class schedule contact Pastor, Rev. June E. Killmer, NST; JuneKillmer@surewest.net; (916)783-3546 Pres. Katrina Thompson; Secy: Marti Carr. Visit: circleoflovespiritualistcommunity.org.

AUBURN • The Spiritualist Chapel of the Pines • 457 Grass Valley Hwy.#7, 95603; Sun. Service 10am.; Rev. George Brenner, Pastor Emeritus; All Message Svc Fri. 7pm; Pres. Al Freitag, afreitag@pacbell.net; Int.Sec. Terri Freitag; spiritualistchapelofthepines.com

SAN FRANCISCO • First Spiritual Temple • Svc: 2nd & 4th Sundays, 10am; 33 Banbury St., 94132. Unfoldment/Development classes. Healing, private & group. Rev. Elsie Ann Soria, NST, Pastor. mail: 370 F Street, #309, Colma, CA 94014. (650)731-4490 or cell (650)922-4389. Rev. Alfred A. Conner, NST, Pastor Emeritus. Pres: Ben Santiago.

MONROVIA • The Spiritualist Church of Revelation • 200 W. Colorado Blvd., 91016; Sun. Service 11:00 a.m.; Pastor/Pres. Martin Pina, church phone (626)256-3403 secretaryscor@yahoo.com; call for class info.

SACRAMENTO • Central Spiritualist Church • 2500 Marconi Avenue Suite 209 95821; Sun. Service 10am: Classes (see website) Healing all Message Svc, last Sunday of the month at 10am. Pres. Paul E. Cook, paulecook@gmail.com; Rev. Sandra Dawson, NST (916)652-4568 / sgdawson91@gmail.com; Sec./Treas: Denise Bell, denisebelldew@yahoo.com;

SAN FRANCISCO • CelebrateLIFE Spiritualist Community – Joyous Spiritualism to a modern world • 4530 18th St., 94114; Sunday svcs 11am; 1st & 3rd Wed at 7pm. Visit: celebratelifesf.org; Email: contact@celebratelifesf.org

SAN FRANCISCO • Golden Gate Spiritualist Church • 1901 Franklin St. (corner of Clay) 94109-3414; (650)757-6653; ggspiritualistchurch.org; Services: Sun. 9:30 Lyceum (classes) 9:30am thru mid-May; Healing 10:30; Devotional Svc 11am; Wed. Healing 7pm, Devotional Svc 7:30; Classes available. Rev. Del Lauderback, Pastor; Rev. James Ehrhart, Assoc. Pastor.

SAN JOSE • The Spiritual Science of Life Church • "The Friendly Church" 729 Morse Street, (Corner of Morse St. & Naglee), 95126; Sun. Service 6:00 p.m., 2nd & 4th Sunday; Pastor Rev. Louise Peruch, NST; 1327 W. Hedding St., 95126; (408)615-0214; PeruchLise@aol.com; Sec. Colleen Page, P.O. Box 1863, San Mateo, 94401; (650)245-9919; splendaura@gmail.com

SAN LEANDRO • Spiritualist Church of Two Worlds • 1550 San Leandro Blvd., (Deaf Comm. Center) 94577; Sun. Service Healing 10:30am., Reg. Service 10:45-noon; Co-Pastors, Rev.'s Betty & Don Nauratil, (925)283-1449; Pres. Rev. Sandi Deckinger; All mail to Sec. Rev. Betty Nauratil, 1048 Via Roble, Lafayette, 94549-2925.

SANTA BARBARA • Summerland Spiritualist Church of The Comforter • 1028 Garden St., 93101; (805)965-4474; Sun. Healing svc. 10:30am., Regular Svc 11am; Wed. Message Svc 6:30pm., Sun. Unfoldment Class 1-3pm.

• CONNECTICUT •

Connecticut State Spiritualist Association • Pres. Verline Eldridge, 110 Pukallas Ave. A1-15, Norwich, 06360; Sec. Rev. Jackie Randall, 60 Ward St., Norwich, 06360 / cincyada@aol.com; Mailing address: 29 Park St., Norwich 06360.

MYSTIC • The Spiritualist Church of Peace & Light • Hyatt Place, 224 Greenmanville Ave. 06357; Sun Svc 11am; Mail to: 70 Dell Ave. #B5, New London, CT 06320. Visit: www.scepeaceandlight.net. Press. Rev. Lynn Gaffin; heart_860@yahoo.com.

NEWINGTON • The Church of the Infinite Spirit • Pastor Allen Noddin, 80 Walsh Ave., 06111; 2nd & 4th Sun. each month; Adult Lyceum 9:15am-10:15am, Svcs 10:30am-12pm. Pres. Corrine Fournier; corfor3@yahoo.com; 860-646-5976; visit: newingtonspiritualistchurch.org;

NIANTIC - Ladies Aid Society, Pine Grove Spiritualist Camp • 34 South Pine St. Niantic, CT; 860-739-2157. Open June thru Aug. Pres: Maureen Caswell; Sec: Karen Ellis. visit: pinegrovespiritualistcamp.net. PO Box 405.

NEW LONDON - New London Spiritualist Church • Sleep Inn, 5 King Arthur Dr., Sun. Svc 10:30am-noon; 860-447-3498. Pres: David Foulkes; Sec: Katie Beecher; Mail: 14 Birch St. Waterford, 06385; www.nlspiritualist.com

NORWICH - National Spiritualist Church of Norwich, Inc. • 29 Park St. (off Main St.), 06360, (860)886-8522; Sun. Service 10:30am - noon, coffee & fellowship; Pres. Mark Gagne; Sec. Verline Eldridge. FMI call church Pastor, Rev. Jacquelyn Randall (860)887-0068 / www.nscnorwich.net

OLD GREENWICH - Albertson Memorial Church Of Spiritualism • 293 Sound Beach Ave., 06870; (203)637-4615; Pres. Alison Van Dyk; Sec. Leslie Schor; Sun. Service 11am., visit: www.albertsonchurch.org.

WILLIMANTIC - The First Spiritualist Church of Willimantic • 268 High St., 06226, (860)423-5774; Sun. Service 10:30am. Sept.- May; service 2x monthly June - Aug. Visit: www.firstspiritualistchurch.org.

• DELAWARE •

NEWARK • Spiritualist Church of Harmony and Light, NSAC • 125 Rickey Blvd. PO BOX 31, Bear, DE 19701; Pres: Bryan Ross; Sec: Christina Ross. (302) 729-8246. harmonylightde@gmail.com; visit: facebook.com/despiritualists

• DISTRICT OF COLUMBIA •

WASHINGTON • The Church of Two Worlds, NSAC • 3038 Q St., NW, 20007-3080; (202)333-5114; Sun. Healing 2pm, Svc 2:30pm; Message & Meditation clases; Pres. Michael Gallion, LM, (202)237-7659; Sec. Maria J. Wolf; Treas. James A. Longmore (301)739-8227.

• FLORIDA •

ORLANDO • New Vision Spiritualist Center, NSAC, Inc. • spiritualistchurchorlando.com, meets at 1700 Edgewater Dr.; Sun. 1:30; Healing, Sermon, Messages at all services; Children Lyceum Dir. Fionnula Davis-Patton; Classes by Pastor Rev. E. Ann Otzelberger, NST, 4332 Woodlynne Ln, Orlando FL 32812; (407)826-0807 reveao@yahoo.com; Pres. William Patridge; Rev. Ann Otzelberger, 4332 Woodlynne Ln., Orlando 32812.

ORLANDO • Spiritualist Church of Awareness, NSAC • 3210 N. Chickasaw Trail; Mail: P.O. Box 4010, Winter Park, FL 32792, (407)678-3688; spiritualistchurchofawareness.org / news@myscoa.org; Sun. healing 10:30 a.m., service/messages 11:00 a.m.; Wed. healing 7:30 p.m.service/messages 8:00 p.m.; Rev. Jeannie Kerr Lerch; Pres. Annette Brown, (407)690-1743; Sec Chris Jackson: 407-399-3450.

• ILLINOIS •

Illinois State Spiritualist Association of Churches • Pres. Rev Arsenia Williams, NST (773)995-1911 arsenia9325@hotmail.com; Sec: Betty Frazier 773-324-5225.

BURNHAM • Puritan Spiritualist Church • 13906 Greenbay Ave., 60633-1614; (219)926-6884.

CHERRY VALLEY - Cherry Valley Spiritualist Camp, Inc. 8002 Service Rd; 61016; (815)332-5359. Visit us at CVSC.me, or on Facebook. Email: cherryvalleysc@frontier.com. 9:30am Lyceum; 10:30am Healing Meditation; 11am Worship Svc., Messages & Pot Luck every Sunday after svc.

CHICAGO • The Church of The Spirit • 2651 N. Central Park Ave., 60647-1101, (773)489-5422; Chicago's Oldest Spiritualist Church; Sun. Family Worship: Healing, 10:00 a.m., Worship Svc, 10:30am.; All Message Service, 1st Wed., 7pm.; Call for current Development & Educational class schedule; Pastor Rev. Marrice Coverson; Sec. Nyarai Paweni

CHICAGO - Spiritualist Church of Truth • 6343 West Cuyler (1/2 block north of Irving Pk.)60634; Service 2:45pm., Healing, Lecture, Messages every Sun.; Pastor & Pres. Rev. Florence Heyward; Sec. Judith Galar, 4050 N. Oriole Ave., Norridge, 60706-1117, (708)452-8754.

CHICAGO • Tucker Smith Washington Spiritualist Temple • 6146 S. Ashland Ave., 60636, (773)436-5076; Sun. Healing 11-11:20am., Worship 11:30 -1pm; Pastor Joseph Guice, LM; Asst. Pastor Rev. Arsenia Williams, NST; Msgs at all services; Private messages rev.arsenia@yahoo.com.

LEROY • J. T. & E. J. Crumbaugh Spiritualist Church • 102 S. Pearl St., PO box 174, IL, 61752; 309-962-9076 Lyceum 11am; Church svc: 12pm; Fellowship after svc. Pastor Rev. Robert Bianchi, NST, Sec: Theresa Ciardini. visit crumbaughchurch.com; email: reverend-bob@direct2spirit.com or crumbaughchurch@live.com. Facebook: JT & EJ Crumbaugh Memorial Spiritualist Church, NSAC.

• INDIANA •

GARY • First Spiritualist Church, Inc., NSAC • 2430 W. 11th Ave.; Service Sun. 3 p.m.; Pastor & Pres. Rev. Jesse James, Jr., 1301 Pennsylvania St., 46407.

INDIANAPOLIS • The Spiritualist Church of Indianapolis All Ages Welcome Sun. Healing, Devotional Services & Messages 6:30-8PM: 3020 S. Meridian St., Ste E&F, 46217-3221. Adult Mediumship Unfoldment & Lyceum Classes every Tues, 6:30-8pm. FMI call Pastor Bonnie Darby (317) 850-3142 or visit <http://www.tscoi.org/> <https://facebook.com/http://tscoi.tumblr.com/>

INDIANAPOLIS • New Dawn Spirit of Light Church, Inc., NSAC • 3637 W. 10th St., 46222; Mail: 6707 Heritage Hill Dr., 46237; Sun. Serv: Healing 11am., Devotional & message svc 11:30am; all message svc & carry in dinner every 5th Sun; Classes Thurs 6:30; Pastor & Pres. Rev Mildred Schlagel. 317-291-0799, mildred8355@att.net; Sec. Marilyn Smith: 317-291-9550; visit: newdawnchurchindy.org

• MAINE •

MAINE STATE SPIRITUALIST ASSOCIATION OF CHURCHES • Pres. Rev. Graham Connolly, 66 Martin Heights, Raymond ME. 04071. 207-655-6673; Sec. Rev. Betty Simpson, 715 Newburgh Rd. Hermon, ME 04401. 207-848-2273; Treas. Janice Nelson-Kroesser, 46 Homestead Rd. Washington, ME 04574-3620. 207-845-2885. www.mainespiritualism.com

AUGUSTA - Augusta Spiritualist Church • 113 Townsend Rd, Augusta, 04330; Pastor Rev. Nancy Parry, (207)458-6141; Pres. Rev. Pat Pallace, (207)582-6745.

BANGOR - The Harrison D. Barrett Spiritualist Church • 15 State St., Sun. Serv. 10:30 am; Secy., Betty Simpson, 715 Newburgh Rd., Hermon, ME. 04401, (207) 848-2273, <http://www.hdbspiritualistchurch.org>. Gallery Readings second Friday every month at 7pm. Co-pastors: Rev. Patty Palmer, NST & Rev. Betty Simpson, NST.

HARTFORD - Pinpoint of Light Spiritualist Camp – Season is from June - October, Mail: 546 Town Farm Rd., 04220. Email: pinpointoflight@live.com; Web: pinpointoflight.org; (207)515-1016; Pres: Robert Foster. Sec: Rev. Stephanie Frobese.

MADISON - Madison Spiritualist Camp • Located at historic Lakewood Theater Village off Beach Rd., Rt. 201, 6 miles N. of Skowhegan. Season: July & Aug.; Camp ph:(207)474-0124; Pres. Rev. Beth Carter (207)797-2039; Sec. Mike Carter (207)797-2039; For program information & events, visit madisoncamp.org; find us on facebook, or email: info@madisoncamp.org

NORTHPORT - Temple Heights Spiritual Camp • 4 Park St., 04849; June 15 – Sept. 15; Private Readings, Healings 9-4pm.; Message Circles Wed. & Sat. 7:30pm.; Workshops/50+ Classes; Camp: (207)338-3029; Pres. Becky Grant; Sec. Mike Grant (207)650-3880; thsc@mainespiritualism.org / www.templeheightscamp.org

NORTHPORT - Temple Heights Spiritualist Church • Sun svc 2:20pm at THS Camp. 4 Park St., Northport; May 1 to Oct 31. 11/1 to 4/30 at Excelsior Lodge; Sat. Cove Rd./ Shore Rd. Northport. Pres. Jean Bower (207)338-1355, Sec. Diana Kimball (207)338-6275.

PORTLAND - Portland Spiritualist Church • Mailing addr: PO Box 6551, Portland ME 04102; Sun. Svc 6:30pm.; Fri. Class 7:30pm; (207)797-2039; info@portlandspiritualistchurch.org; Pastor Rev. Beth Carter, 2007spiritualist@peoplepc.com; Pres: Mike Carter: retrac55@peoplepc.com.

SABATTUS - Spiritualist Church of Eternal Life • 352 Crowley Rd Sabattus, Maine; Pres. Rev. Catherine Sabine (207)376-5318. crsabine@gmail.com

• MASSACHUSETTS •

CHICOPEE - Healing Hands of Light Spiritualist Church • 465 Granby Rd. MA 01013; Worship Svs 10:30am. Sundays after Labor Day thru June; Ph(413)592-0300; Rev. John F. Sullivan, Sec: Denise St Pierre, PO Box 392, Worthington, MA 01098; or dstpierre7@verizon.net. Visit: healinghandsoflightspch.com

ONSET - On-I-Set Wigwam Spiritualist Camp • P.O. Box 1556, 02558; Summer schedule www.onisetwigwam.com / info@onisetwigwam.com

REHOBOTH - First Spiritualist Church of Brockton, Inc., NSAC • Services 10:00 a.m. Sun. at Anawan Grange Bldg., junction Rts. 44 & 118; Mail: P.O. Box 145, 02769, firstspiritualistchurch.com

SALEM - First Spiritualist Church of Salem • 34 Warren St., 01970; Sun. Early Service 5:30-6pm.; Lunch break 6-6:30pm., Healing & Evening Service 6:30-8pm.; Telephone for weather cancellations, (978)745-2098; Church season is Sun. after Labor Day - June; Pres. Pat Cizewski, (617)745-9840; Sec. Janice Kaplan, 21 Buttonwood Lane, Peabody, 01960 - (978)532-2044; www.firstspiritualistsalem.org

• MICHIGAN •

CHARLEVOIX - Northern Lake Michigan Spiritualist Camp • 07444 Old U.S. 31N. 49720; Sec. Janet Norris; secretary4nlmsc-grsc@hotmail.com; Open July 1st thru Aug 31st; Sunday svcs 10:30am. Wed Svcs at 7:30pm followed by bonfire fellowship time.

CHARLEVOIX - Golden Rule Spiritualist Church • 07444 Old U.S. 31N. 49720; Sec. Janet Norris; secretary4nlmsc-grsc@hotmail.com; Open in Spring. (dates vary according to weather) Closed for Winter. Sun. services 10:30am with fellowship immediately following svc.

FERNDAL - First Spiritualist Temple of Detroit • 2724 Goodrich, 48220; Mailing Address: 321 Spencer, 48220-3544; Sat. Service/Lyceum 6:30 p.m.; Sec. Dianne L. Smith, (248)545-5680.

JACKSON - Michigan State Spiritualist Association of Churches • 2540 Norwood Rd, 49203; Sec. Rebecca Strauss; rstrauss52@yahoo.com

LESLIE - Flower Memorial Spiritualist Church • 430 Bellevue St., 49251; Sun. Service 10:45 a.m.; Summer: June 1-Sept 7 at 10am. Co-Pastors Penny Adams (517)392-7210, & Jinki Boyer (517)512-2091 / jboyergoodwin@yahoo.com.

ROYAL OAK - First Spiritual Temple • 3224 Greenfield Rd. (1 1/2 blocks S. of 13 Mile), 48073-6534; Sun. Service 10am; Pastor Rev. Marguerite Gutt, NST, (248)548-2240; firstspiritualtempleofroyaloak.com.

SOUTH BRANCH - Chain Lakes Spiritualist Camp • 8000 Chain Lakes Rd., 48761; Sec. Mitchelene Weichner, 8004 Chain Lakes Rd., 48761; (989)257-2106.

• MINNESOTA •

ROCHESTER - Third Spirit of Life Spiritualist Church • 1500 First Ave. NE, Ste. 112, 55906; Service Mon. 7:00 p.m.; Pastors, Rev. Joyce E. Young, NST, and Rev. John E. Young, NST, Sec. (507)775-6358.

ST. PAUL - Spiritual Science Spiritualist Church • Conference Rm. - 411 Main St., Labor Union Hall; Sun. Service, 10:00 a.m.; Pres./Speaker, Joan LeDuc, 2169 Scheffer Ave., 55116-1255, (651)699-4858; Sec. Gerald Kemling; Church phone (651)225-4609.

• MISSOURI •

ST. LOUIS - Fifth Spiritualist Church of St. Louis • 6026 S. Kingshighway Blvd., 63109-3558; Sun. Service 10:30 a.m.; Healing, Meditation & Message, 1st Wed. of month 7pm.; Pastor Marilyn Kalna, (314)707-3934; Pres. Kevin Folsom, 636-377-2109; 5thspiritstl.com

• NEBRASKA •

OMAHA - Spiritual Science & Philosophy Church, NSAC • 321 Hascall St., 68108-2121; Sun. Service 11:00 a.m. and Philosophy Class – Noon when scheduled; Pastor/Sec. Alace Jayne Fanslau, 321 Hascall St., 68108-2121, (402)345-0101.

• NEVADA •

LAS VEGAS - Spiritualist Desert Church, NSAC • 3305 Spring Mountain Rd., Suite 51, 89102, (702)876-8783 (message line only), spiritualistdesertchurchIV.com; spiritualistdesertchurch@yahoo.com; Service Sun. 11am. & 6:30pm., Thu. 6:30pm. Healing/Meditation Svc, Development Circle follows. Vicky Homann, Pastor (702)234-1147.

RENO/Sparks - Spiritualist Society of Reno • Meeting place: Larry D. Johnson Community Center, 1200 12th Street, Sparks, NV 89431, (775) 323-1114. Sunday meetings include a talk, guided meditation, spirit healing and spirit greetings: 11am; President, Jannet Caywood; SpiritualistSocietyofReno.org; [Facebook.com/SpiritualistSocietyofReno](https://www.facebook.com/SpiritualistSocietyofReno). Address: Sec. Rev. Lisa Butler, 3415 Socrates Dr., Reno, NV 89512, tomalisa2@aol.com

• NEW HAMPSHIRE •

DERRY - The Church of Spiritual Life, NSAC • 58 East Broadway (Masonic Temple) NH 03038; Sun. Service 10:30 a.m.; All Mail to: PO Box 115, Methuen, MA 01844; Visit: churchspirituallifenh.org

• NEW JERSEY •

WESTVILLE - Church of Eternal Life • 243 W. Olive St., 08093; Sun. Healing, Worship & Msg Svc 11am; (856)456-2196. thechurchofeternallife.org.

WENONAH - Stow Memorial Foundation • Muriel De Young, 305 Carnegie Ave., Wenonah.

• NEW YORK •

EAST AURORA - First Spiritualist Temple • 29 Temple Pl., P.O. Box 465, 14052, (716)652-5018, www.firstspiritualisttemple.com; Email: FSTofEastAurora@gmail.com. Sun. Healing Svc 10:30am.; Lecture & Msg Svc 11am.; Social Hour 12:15pm.; Dinner Day 3rd Sun. of month;

LILY DALE - Lily Dale Assembly • 5 Melrose Park, 14752, (716)595-8721, Fax (716)595-2442; Ofc Hrs, Sept -June: M-F 10am-2pm; June-Aug: M-F 9am-4pm, Sat. 9am-noon, closed Sun; Camp Season: Last Friday in June to day before Labor Day; Pres: Donn Smeragliuolo; Sec: T. Lynne Forget; lilydaleassembly.com / lilydaleassembly@netsync.net

LILY DALE - Lily Dale Spiritualist Church • East St. Healing Temple, P.O. Box 1128, 14752-1128, (716)595-3971; Sun. Worship svc 10:30am.; Healing during svc. Worship, Healing & Message Svc each Wed. 7:30pm. Sept-June; www.lilydalespiritualistchurch.org; Sec. Lynn Forget. Pres: Carol Gasber.

LONG ISLAND - A Sanctuary of Infinite Spirit, Inc., NSAC • Mon. Services: Healing 7:00-7:15 p.m.; Service, 7:15-8:00 p.m.; 5000 Expressway Drive South, Holbrook, NY; Wed. Class: Ways of Mastery/Healing and Mediumship Dev. 6:30-8:30 p.m.; Pastor Rev. Patricia Anne Duffield, NST, (631)588-5869; Mail: 10 Ackerly Lane, Lake Ronkonkoma, 11779; kenpatduff@hotmail.com / www.asanctuaryofinfinitepirit_NSAC.com

LONG ISLAND - New Horizon Spiritualist Church, NSAC • Sun. Healing & Worship Service 10:00 a.m.; 1580 Round Swamp Rd., Plain view, (Homewood Suites Hotel); Contact: Mary Ann Clancy, (516)792-5919.

LONG ISLAND - Summerland Church of Light, NSAC • Sunday Silent Meditation 10 a.m.; Healing/Worship Service 10:15 a.m. at 120 Plant Ave., Hauppauge; Mail: P.O. Box 5209, Hauppauge, NY 11788-5209; Sec. Valerie Miller, Voicemail: (631)406-4161; SummerlandChurchofLight.com

LONG ISLAND - Temple of Metaphysical Science, NSAC • Sun. Service Healing and Worship 11:00 a.m.; Pastor Rev. Hugo Ruiz, NST; Terry Difiore-Wachtel, Sect; 12 Baker St. Mailing address: P.O. Box 453, Patchogue, 11772, (800)316-1231; TMS-Li.org

• OHIO •

DAYTON - Spiritual Life Center, NSAC • 609 Watervliet Ave., 45420-2544, Rev. Frances D. Montgomery, (937)252-3299; fdm742@sbcglobal.net; Visit: sunflowerchapel.org

• PENNSYLVANIA •

PITTSBURGH - First Spiritualist Church of Greater Pittsburgh • Sun. Svcs 11am-1pm. Healing, Lecture, Msg svc.; Tues. Circle 7-9pm; Rev. Carol O'Hare, NST., & Pres. Michele Saling. (412)672-1272; Visit: www.1stspiritualistchurch.org

• TEXAS •

AUSTIN - First Spiritualist Church of Austin • 4200 Ave "D" - Austin, TX 78751-3719, (512)458-3987; Devotional, Healing & Message service Sunday 10:00 a.m.; Pres. Wanda Garcia; Sec. Sonia Dela Torre.

HOUSTON - First Spiritualist Church of Houston, NSAC • 2115 Turner Dr., 77093; Sun. Service 10:30am.; Unfoldment classes Wed. 7:30pm & Fri. 8pm; Pres. Liana V. Liles; lianaliles@gmail.com; Priv. readings by appt., firstspiritualistchurchofhouston.org; (713)695-2550.

SAN ANTONIO - Louise Scholtz Chapel • 3740 Colony Dr. Ste LL100; Sunday Service 8:00am-9:30am.; P.O. Box 762231, 78245; (210)401-1713; visit: SanAntonioSpiritualists.com

• VIRGINIA •

FALLS CHURCH - Center for Spiritual Enlightenment, NSAC • 222 N. Washington Street; Mailing address: CSE (NSAC), P.O. Box 6630, 22040-6630; (703) 645-8060; web: TheCSE.org; Email: thecse@thecse.org; facebook at The Center for Spiritual Enlightenment VA; Year-round Sunday Services: Healing Svc 10am / Devotional & Msg Service 10:30am.; Pastors: The Rev's. Konstanza Morning Star, Leonard Justinian, Awilda Abaza, John Otey, Deirdre O'Hara, and Rita O'Connor; Sec. Rita O'Connor; Pres. Steve Vogel.

NORFOLK - Memorial Spiritualist Church, NSAC • 307 W. 37th St., 23508-3207, (757)622-5070; www.memorialspiritualistchurch.org; Sunday Service 11am.; Wed. 7:30pm.; Healing available at 10:30am. Sun. and 7pm. Wed.; Adult Lyceum Sun. 9:30am.; Children's Sun. Lyceum 11am.; Ministers: Rev. Lelia E. Cutler, NST, (757)480-3799; Rev. Ernest Leard, (757)390-1231; Pres. Margie Briggs (757)421-9631; Sec. Lynn Streep; Lyceum Dir. Rev. Ernest Leard.

• WASHINGTON •

MILTON - Church of Divine Grace, NSAC • Held at Camp Edgewood, NSAC - 1228 26th Ave. Ct.; Church svcs Sun. 2pm; Sept-May; (Mail c/o Sherry Valentine, 11113 SE 323rd St. Auburn, 98092); Pres. Bernie Allers (253-833-4850) Sec. Karen Wennerlind; Email: churchofdivinegrace@gmail.com

MILTON - Camp Edgewood, NSAC • 1228 26th Ave. Ct, Milton WA 98354; (253)927-2050/ fax: (253)927-7531. Pres. David Chapman Sr.; Sec. Denice Chapman; email campedgewood@yahoo.com. Located on beautiful Lake Surprise. Historic camp offers healing, meditation, Spirit greetings and a variety of classes. For more info contact Denice Chapman Tues.-Sat. 11-4pm.

MILTON - Church of Spiritual Unity, NSAC • Held @ Camp Edgewood, NSAC - 1228 26th Ave Ct. Church Service Sun @ 2:00 PM Sep-May. Mailing address c/o Pres. Colleen Mohler, 1210 26th Ave Ct 98354, (253)927-2365. Sec. Jill Mohler, 1015 Emerald St., 98334; (213)568-0333; j.m.mohler@hotmail.com

MILTON - Church of Spiritual Truth, NSAC • Sunday Svcs 11am; Located on historic Lake Surprise. 1228 26th Ave Ct. Milton, WA 98354. Pastor Denice (Dee) L. Chapman; Pres. David R. Chapman Sr.; Sec. Denice L. Chapman; Church offers devotional svcs, healing, greetings from Spirit, & educational speakers. Social hour following church, all are welcome to enjoy good food & fellowship.

• WEST VIRGINIA •

WHEELING - First Spiritualist Association of Wheeling • Way Memorial Temple, 27 Maryland St., 26003; (304)233-5065 / www.waymemorial.org



• WISCONSIN •

MORRIS PRATT INSTITUTE ASSOCIATION • 11811 Watertown Plank Road, Milwaukee, WI 53226; (414) 774-2994; www.morrispratt.org; NSAC Educational Auxiliary.

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You Are God's Child

Writer: Rev. Charlene Kleinschmidt
Center for Spiritual Living, MT

Sometimes we forget that we are God's beloved children. As we prepare to celebrate Christmas, we become so involved in the preparations we often forget to take time to meditate, be grateful and pray.

We find fault with ourselves, we didn't earn enough this year, we didn't get that promotion, we... Stop! Stop it right now! Rather than beating yourself up, I want you to take a moment each day to think something positive about yourself. Pick one thing you like about yourself, something unique about you (and don't tell me there's nothing unique about you, because each of us has something about ourselves that no one else has).

Recognize that whatever money you have, you are richer than many others. Consider those in war torn countries who have nothing. If you need supportive aids, thank God you have them, as there are so many who do not.

Always be grateful for the life you have and Thank God by being the best you can be. That is all Infinite Intelligence asks of us. Why do we demand more?

It's a New Year! You are a child of God. Do you remember that or are you constantly calling yourself short? I no longer have teeth because of my illness. I have seen several dentists but have been told because of my condition there is nothing to be done. I remember the first time I encountered prejudice because of it. We were having a lovely conversation with two ladies. Something was said that made me laugh. They literally backed away and quickly ended the conversation! I was devastated and became afraid to speak up or open my mouth. It wasn't until I attended a local "Embrace Health" group that I learned to speak up. It wasn't long after that when one day a lady said "I didn't even notice you had no teeth until you told us." Funny, since then, I've been talking up a storm everywhere I go and hardly anyone seems to notice!

Regardless of your appearance, always remember you are God's child, no less so than the most beautiful or richest person you know. If people choose to be judgmental, that's their problem. Don't allow it to become yours.

The true you is the Spirit inside. Be kind, thoughtful and non-judgmental toward yourself. Hold your head up, move with confidence and believe in yourself.

When you see someone who is "different" please remember the Golden Rule and treat them as you would like to be treated. I don't understand why people assume because we are "different" that it is OK to stare, touch or ask presumptuous questions. Please treat them as normal people—talk to them, it may surprise you to find out how interesting they are!

If you are one of the different ones, use it as an opportunity to teach others. Speak up about your condition and be kind. When they see you are nice and learn how you feel, it may help them be more considerate in the future.

Always remember you are a child of God. Bless you and be secure.

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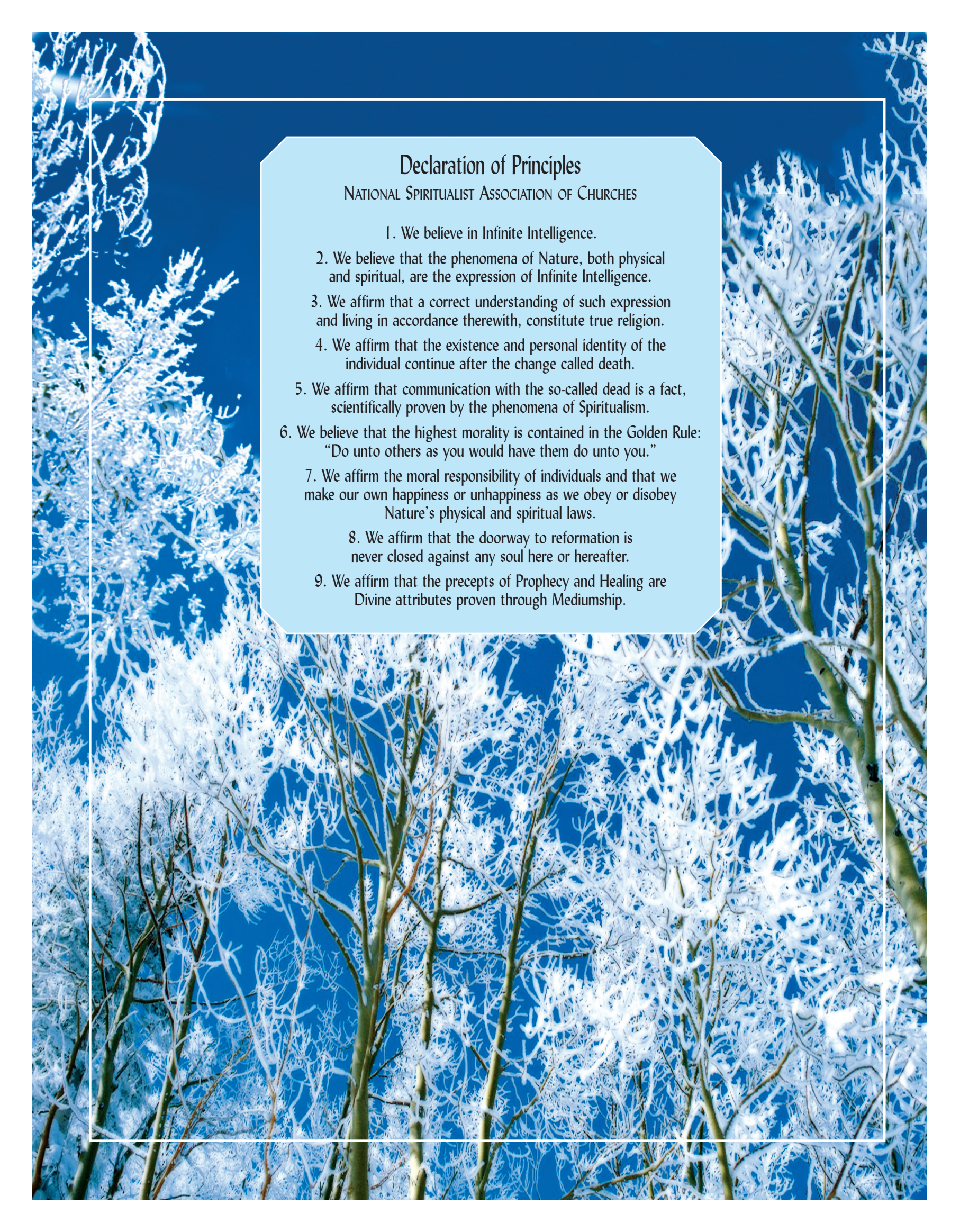
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1. We believe in Infinite Intelligence.
2. We believe that the phenomena of Nature, both physical and spiritual, are the expression of Infinite Intelligence.
3. We affirm that a correct understanding of such expression and living in accordance therewith, constitute true religion.
4. We affirm that the existence and personal identity of the individual continue after the change called death.
5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
6. We believe that the highest morality is contained in the Golden Rule: "Do unto others as you would have them do unto you."
7. We affirm the moral responsibility of individuals and that we make our own happiness or unhappiness as we obey or disobey Nature's physical and spiritual laws.
8. We affirm that the doorway to reformation is never closed against any soul here or hereafter.
9. We affirm that the precepts of Prophecy and Healing are Divine attributes proven through Mediumship.